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LAURA MOSS

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## What's your favorite American vacation spot?

Minocqua, Wisconsin: warm days, cool nights, pine forests, crystal-clear lakes. My favorite things—the Min-Aqua Bat waterski show, Dan's Minocqua Fudge.
*Elizabeth Mayhew*

Bethany Beach, Delaware: The shoreline is gorgeous, the people are laid-back, the mini-golf is challenging and Kohr's frozen custard is to die for.
*Jaimee Zanzinger*

Assateague Island, Maryland: Amazing seashore with wild horses and pristine beaches—and the campground is practically on the sand dunes!
*Ayn-Monique Klahre*

Westport, Massachusetts: With beaches, wineries and not one mass retail store, this is a special place where I can truly unwind and recharge.
*Whitney Cobb*

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**Join the conversation!**
What's your favorite American vacation spot? Tell us at *facebook.com/WomansDayMagazine*

Kah-Nee-Ta Springs resort, eastern Oregon: The kids love camping in the teepees and bathing in the hot springs. The 184-foot water slide ain't bad either!
*Carlos Lamadrid*

The Lowcountry of South Carolina: My husband grew up on Fripp Island, off the coast of Beaufort. We head here whenever we can. It's so peaceful and historic!
*Ginger Sutton*

The lakes of Northern Minnesota: the land of bald eagles and moose, and more than an occasional black bear! I love the landscapes and the incredible wildlife.
*Dan Borchert*

The coast of West Michigan: beautiful beaches with sand that squeaks between your toes, 10 P.M. sunsets, one-stoplight towns. It's a little bit of heaven on earth.
*Teri Jacobucci*


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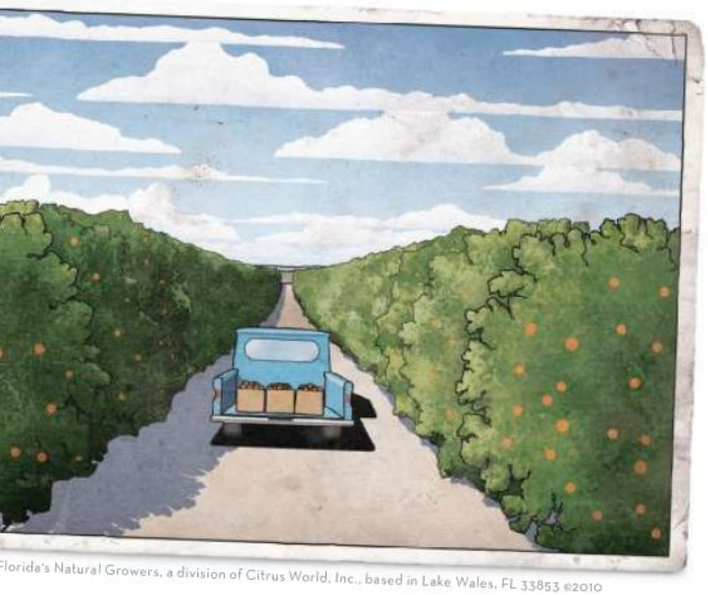

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# all in a woman's day

by Elizabeth Mayhew, Editor-in-Chief

## better with age

There was a time in my career when I wanted to be the youngest-ever editor-in-chief of a magazine. Like many hardworking 20-somethings, I thought I knew enough to hold the top job by 30 *at the latest*. Odd that I was fixated on the number, but in hindsight, I guess I thought that by my 40s I'd be over the hill. How very wrong I was.

At 42 (and now an editor), I'm able to see things, make connections and think objectively in a way that I never could have a dozen years ago. At the crossroads of middle age, I recognize that 30 is ridiculously young, and that in so many ways I'm getting better.

People now say that 60 is the new 30—I couldn't agree more, and I think a lot of that has to do with experience. I now sit in meetings and am able to listen with a grounded sense of what will work and what won't. I'm better at solving conflicts and juggling several issues at the same time. And I know exactly what I want.

But like my contemporaries, I can easily forget where I put my house keys or gasp when I try to remember whom I was calling after having just dialed a phone number. Does such behavior ring a bell? If it does, then you'll welcome some good news from Barbara Strauch, author of *The Secret Life of the Grown-Up Brain* (see our excerpt of her book on page 100). According to Barbara, our brains don't age the same way our bodies do. In fact, it's quite the opposite: As we age, we get smarter. We may forget the little things, but we're better equipped to handle the big ones.

Of course, we have to work at it. Just as we have to keep our muscles strong, we have to keep our brain sharp. We have to take on new hobbies, meet new people and challenge ourselves. It can be as simple as playing a new game (get a free one at **bigfishgames.com/womansday**) or reading a new book (I just finished *Cutting for Stone* by Abraham Verghese). Whatever you do, just keep yourself engaged. As for your keys? I've solved the problem by tying them onto a red ribbon and wearing them around my wrist.

ELIZABETH

**You're invited... to be in our pages!**

Got a nightmarish closet that needs reorganizing? Want to revamp your wardrobe with figure-flattering clothes? Have a health question you need answered? Tell us about it. Consider this your personal invitation to tell us what needs fixing in your life and why. You might see yourself in an upcoming issue! You can email us at **wdmakeovers@womansday.com**

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**HAPPY HALLOWEEN**

Have a spook-tacular cake creation you're conjuring up this year? Take a picture of it for our Halloween cake contest (enter at **womansday.com/halloweencakes**). Winners could be featured in an upcoming issue of *Woman's Day* or on our website.

TOP: JIM BASTARDO; HAIR BY BELINDA ZOLLO AT KATE RYAN FOR BOBBI BROWN AND BUMBLE & BUMBLE; MAKEUP BY SONOMI ORINATA FOR NARS. BOTTOM: JONNY VALIANT.



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# halloween tricks!

SPECIAL HOLIDAY SECTION

## TRY AS YOU MIGHT, YOU CAN'T JUST CLICK YOUR RUBY SLIPPERS AND BE READY FOR ALL HALLOWS' EVE.

There are treats to prepare, decorations to put up, candy to buy and costumes to make. But don't worry, my little pretty, nothing—not even a bucket of water—will get you down this year (unlike a certain Witch of the West). The creative cupcakes, crafts and costumes on the pages that follow are so quick and easy, you'll safely avoid the holiday tornado in your house.

LEVI BROWN; FOOD STYLING BY LORI POWELL.

# tricked-out **treats**

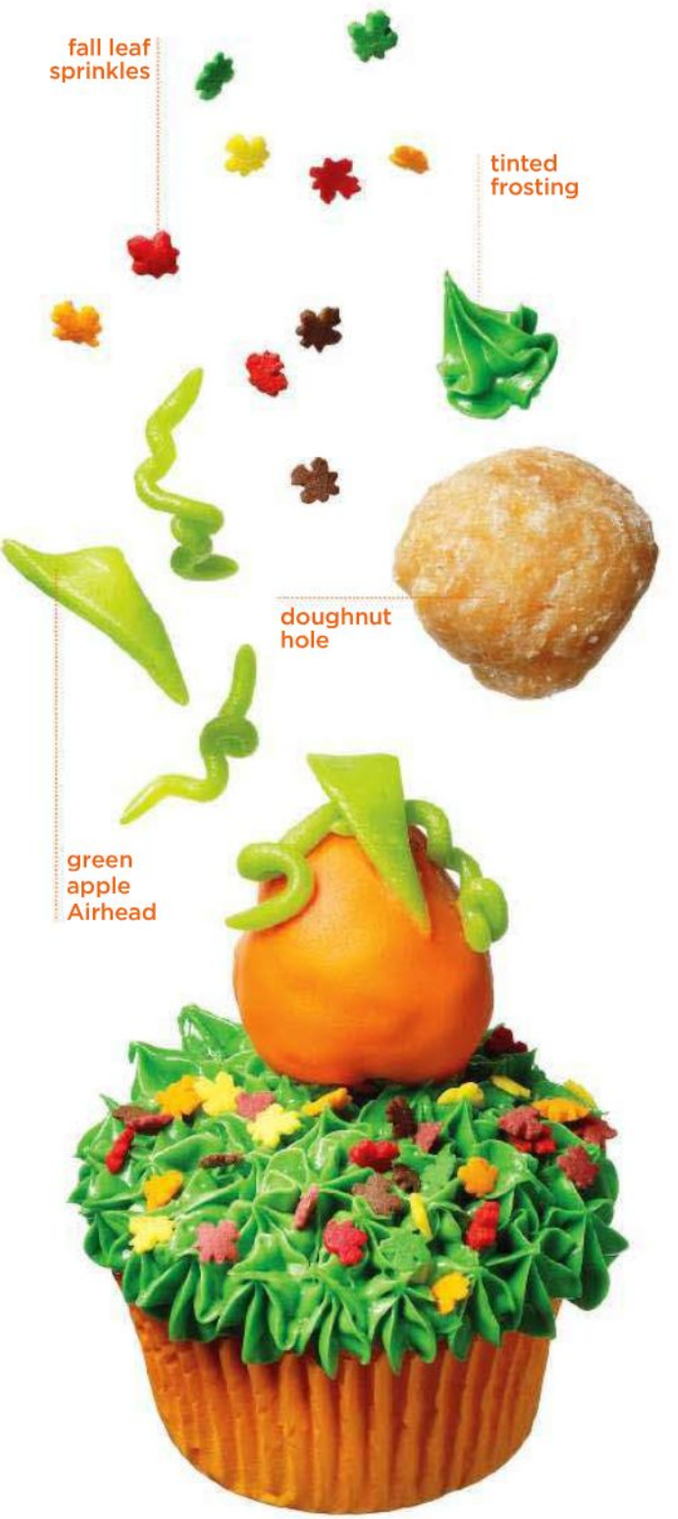
Scare up a few sugary supplies (candy, doughnuts, sprinkles) and these

## FRIENDLY GHOST

**black chip crunch sprinkles + doughnut hole + white fondant + M&M's Premiums Mint Chocolate**

## GREAT PUMPKIN

**fall leaf sprinkles + tinted frosting + doughnut hole + green apple Airhead**



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cupcake characters just fall into place. For recipes, turn to page 154.

## SPIDER BITE

**M&M's and mini M&M's + Tootsie Roll Midgees + Mallomar**

## FANGTASTIC DRACULA

**chocolate sprinkles + mini cupcake + Tootsie Roll Midgees + red licorice strings**

# eye candy

More than 35 million pounds of candy corn are made each year. Use your fair share to decorate

### ear buds

At this time of year, it seems candy corn *does* grow on trees. Pick a few clean-looking branches from your yard and hot-glue kernels onto them in clumps of twos and threes in various spots, concentrating on the ends and the Vs where the twigs branch off. Wedge the trunk of the branch into a small Styrofoam or floral square (available at crafts stores) and rest it in the base of a vase. Fill the vase to the brim with corn to cover the Styrofoam.

## WHAT'S YOUR BOO IQ?

Scarily knowledgeable about the holiday? See how you fare on these stumpers.

1 **True or False:** The National Haunters Convention occurs once a year in Pennsylvania.

2 **True or False:** Halloween is the fourth largest commercial holiday in the U.S.

3 **True or False:** The first-ever illustration of a witch on a broomstick appeared in a late medieval manuscript dated 1440 A.D.

4 **True or False:** Pumpkins are vegetables.

5 **True or False:** When bobbing for apples, whoever spears the first fruit will live the longest, according to Celtic tradition.

ANSWERS: 1. True. 2. False. Halloween is the second largest commercial holiday in America—only Christmas surpasses it in sales. 3. True. 4. False. Because of their seeds, pumpkins actually belong to the fruit family. They are a type of gourd—the same as squash, cucumbers and melons. 5. False. Celtic lore holds that the first to successfully bob for an apple will wed first. *Clara Haneberg*

ANTONIS ACHILLEOS; PROP STYLING BY MATTHEW GLEASON. CANDY CORN PROVIDED BY BRACH'S, AVAILABLE AT *BRACHS.COM*; POLYRESIN URN #2501-1 FROM *JAMALIGARDEN.COM*.



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SANTA BARBARA, SEP 17–18
NEW YORK, OCT 15–16
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AVON WALK for BREAST CANCER

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# 90

**million pounds** of chocolate are sold during Halloween week—more than double the amount sold for Valentine's Day.

### howl-oween cards

Kids going batty indoors? Pull out art supplies and make cards you can hang on the refrigerator or hand out.

**1. For an owl:** Use the template on page 158 to trace the owl pattern onto cardstock (available at art supply stores), then cut out. Snip two circles about 3 inches in diameter from yellow cardstock and paste them on as eyes. Draw on pupils with a black marker and hot-glue a piece of candy corn as a beak.

**2. For a bat:** Trace the pattern onto black cardstock using the template on page 158. Cut out tiny ovals or diamonds from yellow cardstock and glue them on as eyes. For the creature's nose, hot-glue on a candy corn.

## HOW LONG CAN YOU KEEP THE CANDY?

Though they won't ever truly spoil (you can thank the generous amounts of sugar for that), sweets will lose their flavor and color. Ellen Bradley, food scientist at River City Food Group, LLC, in Portland, Oregon, reveals when to toss the goodies.

- **CHOCOLATE**
Dark and milk varieties can last for 1 to 2 years. Wrap it in foil and store in a dry, odor-free spot.
- **JELLIED CANDIES**
Unwrapped in a candy dish, they'll last for 6 to 9 months if kept away from heat and light. If wrapped, they're good for a full year.
- **HARD CANDY**
Unless it's an Everlasting Gobstopper, you'll want to throw it out after 1 year of storage at room temperature.
- **CANDY CORN**
Unopened packages will last up to 9 months, but stray corns only keep for 3 to 6 months. Store them in an airtight container in a cool, dry place.
- **GUM**
Chewable for 6 to 9 months. Keep packs in a cool, dry location to prevent the pieces from drying out.
- **CARAMEL**
Keep it covered and away from heat and it'll last for 6 to 9 months. Or freeze it and save it for next year.

*Lauren Smith*



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## corn balls

Gather several Styrofoam spheres and hot-glue the bases of candy corns (we used Brach's and Jelly Belly) tightly round and round the balls. Set atop containers or group in a bowl on the table.

**snack table**
Lay your bounty down the center of a cloth-covered table and nestle candles and pumpkins randomly among them. Use a measuring stick to create a straightish edge on both sides, pushing the candy farther into the center. Finish with stark dishware and harvest-hued napkins fan-folded and tied with spidery ribbon.



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are spent on Halloween candy each season.

### good-enough-to-eat garland

Why pop kernels for a swag when you can string the candy kind? Thread monofilament fishing line (at hardware stores) onto a needle and poke it through the candies, avoiding areas where the colors meet—corn can break at those points. Hang on a mantel or a staircase using cloth tape.

### feed the flames

Fill glass hurricanes or cylinders about a third of the way with candy corn and rest a pillar in the center of each. The candy will keep the candles standing upright; just don't leave lit candles unattended.

LONDON HURRICANES BY *CRATEANDBARREL.COM*; ALL CANDLES PROVIDED BY *POINTALALIGNEUS.COM*.



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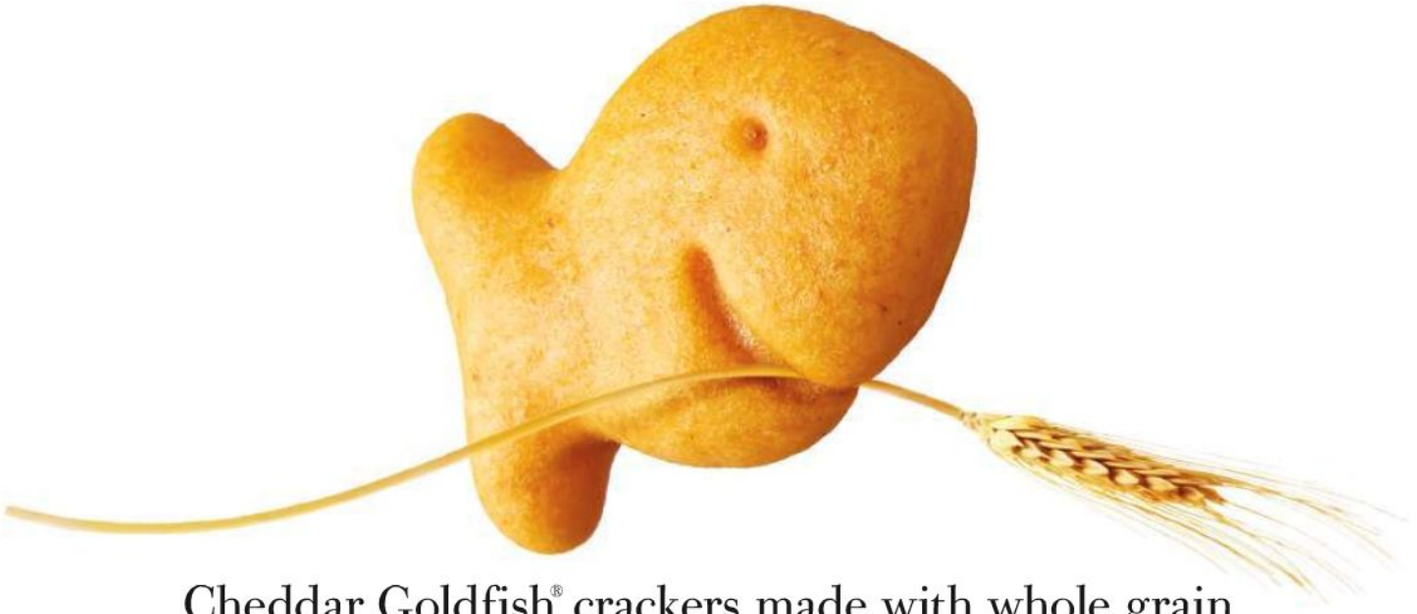

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# perfect **disguises**

Whip up these costumes with stuff you have at home in 10 minutes, tops

**YOU'LL NEED**

- ☐ garment bags
- ☐ black construction paper
- ☐ Styrofoam peanuts
- ☐ black pompoms
- ☐ stainless steel colanders
- ☐ shoelaces

## salt & pepper shakers

Enlarge the hole at the top of two clear garment bags so they're big enough for your kids' heads to fit through. Cut holes on the sides and bottom for arms and legs. With double-stick tape, attach an "S" cut from black construction paper on one and a "P" on the other. After the kids have stepped into the bags, fill the "S" with Styrofoam peanuts and the "P" with black pompoms. Top with colanders tied with black and white shoelaces.

ALEXANDRA GRABLEWSKI; GROOMING BY NOELLE MARINELLI; COSTUMES BY VANESSA BOER AND KRISTINE TREVINO. ALL TEE SHIRTS AND SWEATPANTS BY HANES, *HANES.COM*.



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16

**percent of children** say they share their Halloween treats with family members.

**YOU'LL NEED**

- ☐ cupcake liners
- ☐ hooded sweatshirt
- ☐ Ping-Pong ball
- ☐ permanent marker

**goldfish**

Let your toddler stand out in a sea of Backyardigans. Cut orange cupcake liners in half and hot-glue them in layers, with the curved edges facing downward, to an oversize orange hoodie (for a toddler-size costume, you'll need about 40 liners). Next, cut a Ping-Pong ball in half with sharp scissors, draw circles in the center of each half and color them in with a permanent marker. Hot-glue the halves onto the seam of the hood.

## TRICK-OR-TREATING SAFETY TIPS

Before your kids go door-to-door, heed the advice of Sue Adair, director of education at Goddard Schools nationwide.

1 Choose a smart costume: Opt for facepaint rather than a mask so she can see better. Keep the hems short to avoid trips and falls. And try to work a glow-in-the-dark necklace or flashlight into the getup.

2 Check the preset trick-or-treating hours in your neighborhood by visiting your town's website or calling town hall. Drivers tend to be more cautious when munchkins en masse are on the streets.

3 Before leaving home, agree on a route, a number of houses you—or just your child, if she's trick-or-treating alone—will visit, and a curfew. It's a good idea for older children to take cell phones along.

4 Throw away any treats that are unwrapped, loosely wrapped, damaged or homemade. Then slowly walk away from the candy—your little goblin can take it from there. *Lauren Smith*



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# 41

**percent of adults** indulge in sweets from their own giveaway bowls.

### YOU'LL NEED

- ☐ 4 pillows
- ☐ packing tape
- ☐ 4 trash bags
- ☐ Styrofoam peanuts
- ☐ orange balloons
- ☐ green T-shirt

**sushi rolls**

Place pillows around the front and back of your children's midsections; wrap packing tape snugly around the pillows to keep them in place. For each child, fold 2 lawn-sized trash bags in half and affix them to the outside of the pillows, one in front and one in back, securing at the seams with packing tape. Fasten Styrofoam peanuts (rice), blown-up orange balloons (fish roe) or a rolled-up green T-shirt (cucumber) onto the tops with double-stick tape.

## → HISTORY OF HALLOWEEN

### MEDIEVAL TIMES

According to Irish texts, the Western European Celts celebrate Samhain, or "summer's end," likely by sacrificing livestock and feasting. The day likely gives Halloween its associations with food, death and fortune-telling, says Lesley Bannatyne, author of five books on Halloween.

### 9TH CENTURY

November 1 is named All Saints' Day (also called All Hallows'), while the night before is known as All Hallows' Eve. Though Halloween gets its name from All Saints' Day, its spirit is from All Souls' Day (November 2) when folks pray for the dead, says Bannatyne.

### 15TH CENTURY

In England, "souling" begins: Beggars ask for pastries topped with crosses (called soul cakes) in exchange for praying for a donor's loved ones. This morphs into trick-or-treating, says Hans Broedel, associate professor of history at the University of North Dakota.

### 19TH CENTURY

Residents of the British Isles carve beets or turnips into lanterns with faces, says Dr. Broedel. (The so-called "punkies" lead to jack-o'-lanterns in 1870.) In this century, Irish and Scottish immigrants bring Halloween to the U.S.

*Anita Badejo*



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**YOU'LL NEED**

- ☐ old gray shirt
- ☐ gray sweatpants
- ☐ cardboard
- ☐ bike helmet
- ☐ aluminum foil
- ☐ packing tape

**holey knight**

Now *this* is a knight in shining armor. With a sharp pair of scissors, cut holes in the front and back of an old gray shirt. Then, cut sword and shield shapes out of cardboard. Cover the cardboard and a bike helmet with aluminum foil, making a handle on the back of the shield with the foil, and using clear packing or double-stick tape to secure the ends if necessary.

## HALLOWEEN HAUNTS WORTH THE TRIP

**● CORNUCOPIA OF CORN** Cool Patch Pumpkins (*coolpatchpumpkins.com*) of Dixon, California, has held the Guinness World Record for the World's Largest Corn Maze since 2007. Spanning roughly 45 acres, the maze of maize has twists and turns to trick guests for hours. Open late September to early November.

**● PUMPKIN PUSH** Jog in your costume while taking in views of the Cascades during Neighborcare Health's 15th annual Pumpkin Push 5K & Family Walk in Seattle (*neighborcare.org*) on October 30. Proceeds benefit low-income, uninsured and homeless people in the area.

**● HOUDINI: ART AND MAGIC** Open October 29 through March 27 at The Jewish Museum in New York City (*thejewishmuseum.org*), the 163-object exhibition includes archival films, magic-making equipment and artwork inspired by Harry Houdini. If you miss it in the Big Apple, check out the traveling show in Los Angeles, San Francisco or Madison, Wisconsin.

**● LANTERN PARADE** Build your own lantern at the 11th Annual Great Halloween Lantern Parade (*lanternparade.org*) in Baltimore on October 30. Enjoy the live music, hayrides and food before marching through Patterson Park with costume-clad revelers. *Clara Haneberg*



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**YOU'LL NEED**

- ☐ foamcore board
- ☐ adhesive paper
- ☐ toy food
- ☐ paper plates and napkins
- ☐ ribbon
- ☐ plastic utensils
- ☐ packing tape

### square meal

On the menu: a grownup costume that requires no facepaint, hairy mole or pointy hat. Cover two 2 x 2-foot pieces of foamcore board (find it at art stores) with Con-Tact paper in a checkerboard design (at housewares stores). Hot-glue toy food to paper plates. Once they're dry, hot-glue the plates and colorful napkins to the board. Fashion shoulder straps from two pieces of 2-inch-wide ribbon, taped shoulder-width apart to the insides of the boards with packing tape. Grab a plastic fork and knife.

**YOU'LL NEED**

- ☐ blue sweatsuit
- ☐ ribbon
- ☐ fabric glue
- ☐ old pot
- ☐ gold spray paint

### rainbow

Let your daughter show her true colors. Measure the length of a sweatshirt in your child's size from the cuff of one arm up around the collar and down to the other cuff. At the crafts store, pick up that length of ribbon in six colors: red, orange, yellow, green, blue and purple. (If you're making the costume for a teenage girl, you'll probably need about 2 yards of ribbon in each color.) Using fabric glue, affix the ribbons in rainbow order, as listed above, from cuff to cuff, snipping off the ends if necessary. Spray-paint an old pot gold—it's an instant candy holder. **wd**

Fright Krispies Treats™

## Ingredients

3 tablespoons butter or margarine
1 package (10 oz., about 40) regular marshmallows or
4 cups miniature marshmallows
Food coloring (optional)
6 cups KELLOGG'S® RICE KRISPIES® cereal
Flaked coconut
Canned frosting or decorating gel
36 M&M'S® Brand Chocolate Candies

## Directions

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add KELLOGG'S® RICE KRISPIES® cereal. Stir until well coated.
3. Using 1/2-cup measuring cup coated with cooking spray divide warm cereal mixture into portions. Using buttered hands shape each portion into ghost shape. Cool. Decorate bottoms with coconut.
4. Use frosting to attach candies for ghost eyes and mouth. Best if served the same day.

For more recipes and nutrition information, visit ricekrispies.com

Kellogg's® RICE KRISPIES® cereal

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Easy ways to protect your home by Arianne Cohen

# no more stains!

**Allow me to predict your future:** At some point in the next year, a special person in your life—perhaps someone you married or birthed—will dump food all over your favorite sofa/carpet/chair. It's inevitable. But what if your favorite sofa/carpet/chair were stain-resistant, and you could simply swoop in with a rag and clean up the stain, leaving nary a trace? Here's your guide to preventing stains…or if it's too late, what to do once they hit.

## carpet

**THE DEAL:** Carpets are designed to last 10 to 20 years—but many need to be replaced after 5 to 7 years due to staining. You can save bundles by planning ahead. Most new carpets (with the exception of all-natural fiber carpets, like wool) come coated with stain-resistant chemicals like Stainmaster or 3M Scotchgard—but no carpet is stain*proof.* Natural-fiber carpets aren't usually worth pretreating because their fibers are tight-knit and tend to repel stains better.

**DON'T!** Ever use a carpet cleaner or stain fighter (such as vinegar, hydrogen peroxide, ammonia or nail polish remover) without testing it on a hidden corner first to make sure it doesn't fade the color. The last thing you need is a pale circle where the stain used to be.

### before the stain hits…

**AVOID WHITE RUGS.** Yes, they look sleek and modern—but pretty soon they look like zebras, covered in smudges. White carpets are the equivalent of platinum blonde hair: a ton of work. If you have one, consider getting inexpensive throw rugs to put on top of highly trafficked areas. Also avoid black rugs, which are just like black cars—they show everything. Opt for light shades such as beige. That way, if you need to use spot remover, you run less of a risk of creating a pale spot on the rug than you would with a dark carpet.

**DON'T OVERCLEAN.** Four or five steam cleanings will remove your carpet's stain-resistant layer. Steam every few years as needed—but vacuum regularly, at least twice a month. And don't be *(Please turn to 36)*

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**NO MORE STAINS!**
CONTINUED shy about pulling out tarps or throw rugs when kids and dirty shoes are around. You may even want to…

**BAN SHOES.** According to the EPA, dirt on our shoes can contain unhealthy elements, such as lead from outdoor paint, which then get deposited around the house. So go with bare feet or slippers only.

## uh-oh—stain!

**TREAT PRONTO.** Once set, forever there. Blot the spot immediately, scrape up any solids, then flood the stain with water or club soda. Visit The Carpet and Rug Institute Spot Solver (**carpet-rug.org/residential-customers/cleaning-and-maintenance/spot-solver.cfm**), which gives step-by-step instructions for cleaning up more than 100 different stains, from avocado to syrup.

**IF IT'S INK, REARRANGE THE FURNITURE.** Ink is nearly impossible to get out of carpets, as are nail polish and many cosmetics, because they soak into the fibers where otherwise trusty ink-stain removers like hairspray and glycerin can't get to them.

**BE PATIENT.** Body fluids (urine, vomit, blood) do usually come out if treated promptly, but they often require soaking.

**IF YOU HAVE A MYSTERY STAIN…** Take time to figure out what it is. Ask everyone who might have been involved, and then visit the Spot Solver to plan your attack. If you're not sure, put warm water and dish soap in a bottle, shake it up and apply the foam to the stain. Then rinse with half water, half vinegar.

## THE 7 **CARDINAL RULES** OF STAINS

1 **TREAT IMMEDIATELY.** Always. The longer you wait, the longer you'll have the stain—potentially forever.

2 **CHECK THE TAGS.** All furniture and rugs come with cryptic tags that actually tell you exactly how to treat stains! (Imagine that.) You'll see one of three letters, *W, S* or *X*.
W: Clean only with water-based cleaner (detergent or dish liquid).
S: Use dry-cleaning solvent only.
X: Clean only by vacuuming or brushing; don't use liquids.

3 **ATTACK FROM THE BACK.** If you can access the back, such as on a pillow with a removable cover, work from there so you're not rubbing the stain in further.

4 **START WITH CLUB SODA.** When in doubt, absorb as much as possible with white paper towels, then dampen paper towels in club soda and blot on stain (as long as the fabric is rated W, as most are). Colored paper towels could stain your carpet.

5 **RESEARCH.** Pause to look up the best stain removal tactic for the stain at hand. Keep the Stain Solutions database at **web.extension.illinois.edu/stain** bookmarked on your computer. It gives multiple step-by-step stain removal options for numerous culprits so you can clean with whatever you have on the shelf. Or keep a book like *Natural Stain Removal Secrets* by Deborah L. Martin on hand.

6 **BLOT.** Never rub. And use a white cloth, so there's no risk of the dye from the cloth running onto the stain.

7 **MORE IS NOT BETTER.** Extra soap or chemicals won't help! Read (and follow!) the instructions when using any stain remover.

VEER



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## walls

**THE DEAL:** The most common kind of wall paint is latex-based, which comes in several sheens such as high-gloss and semigloss. (Oil-based paint is generally used for cabinets.) The most common and user-friendly sheens for kitchens and bathrooms are satin, semigloss and eggshell. These are easy to wipe clean: Stains come right off the protective shiny coating (the more sheen, the more stain-resistant it will be). The catch? Spot touchups are hard—you'll need to repaint the wall.

Flat paint is the darling of adults and designers because it gives walls texture and depth without reflecting every light in the room; however, it stains easily from grease, smoke or fingerprints. Given that, flat paints may not be the best choice for walls and are more often used on ceilings. Eggshell sheens, which are one step up in sheen from flat, are popular for bedrooms and dining rooms.

**DON'T!** Bother coating the walls with stain-resistant paints unless you're looking for a lacquered-wall look. You don't need them, especially if you're using satin or eggshell paint.

### before the stain hits...

**AVOID VERY LIGHT COLORS.** "Darker colors will show fewer smudges and marks," says Myron Latney, owner of The Paint Experts in Dallas.

**REPAINT.** If you have light-colored eggshell or satin paint, you may want to spend the money to repaint the walls with primer first. "The primer prevents greasy fingerprints from penetrating the drywall and creating a permanent stain," says Latney. "It acts as a barrier." Then repaint with latex paint. And save some extra for next time.

### uh-oh—stain!

**TREAT QUICKLY.** If the stain sinks into the drywall, as is frequently the case with oil splatters behind the stove, it will be permanent. So act immediately.

**USE DISH SOAP AND WATER.** Stains on most wall paints will usually come right off. These paints are generally designed to withstand basic soap and water, so washing shouldn't leave a discoloration—but if you're concerned, test in a hidden corner.

**EXPERIMENT.** If that doesn't work, go for a stain remover. First, try baking soda applied with a damp sponge. Next, mix *(Please turn to 38)*

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**NO MORE STAINS!**
CONTINUED 1 part ammonia with 2 parts warm water and apply.
**PRIME, PRIME, PRIME!** If you're going to paint over the stain, you'll likely have to repaint the whole wall unless you painted it in the last month or two. Make sure you prime directly over the stain. If it's an oil-based stain, use an oil-based primer. "That will prevent the stain from appearing through the new coat of paint," says Latney.
**CONSIDER HANGING A STRATEGICALLY PLACED PHOTO FRAME.** Really. You don't necessarily have to remove the stain.

## sofas, loveseats and chairs

**THE DEAL:** Most modern furniture upholstery comes soaked or dyed in stain-resistant chemicals. (See "A Word on 'Stain-Resistant,'" page 39.) There is generally no price difference between treated and untreated furniture, so ask the store or manufacturer what has been applied.
**DON'T!** Dump water on your stain. You'll just end up with a water stain. If you have an overwhelming urge to try it, put a bit of water on a hidden corner, then wait an hour and see how it dries.

### before the stain hits...

**TREAT IT.** If your furniture hasn't yet been treated and you're comfortable with the chemicals, you can apply a product like Scotchgard. Treatment will make fabric slightly firmer. Natural fibers, like cotton, are easier to treat than silks or synthetics.
**SLIPCOVER IT.** Instead of investing in new furniture, keep what you have and buy washable slipcovers. Covers by Sure Fit work on lots of furniture shapes and come in a variety of fabrics, including suede and faux leather. ($25 to $150; **surefit.com**)
**FLIP IT.** There's nothing wrong with having "good" and "stained" sides of the cushions. So have one side for everyday use, them flip the cushions whenever company's coming.

### uh-oh—stain!

**TREAT IT.** Attack it as you would a clothing stain, immediately. If your furniture is marked W, you can never go wrong by pouring club soda on a fresh stain to lift it from the material, while you run to your computer to consult the Stain Solutions database (see

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"The 7 Cardinal Rules of Stains," page 36).

**CONSIDER DRY CLEANING.** Yes, you can take a whole cushion to the dry cleaner, and it will save you lots of grief.

**REUPHOLSTER!** "It makes me cringe when people say they won't get something beautiful until the kids grow up. It's always cheaper to reupholster a good-quality piece, even a used one, than buy new," says Amy Estrin, owner of The Whole 9 Yards, a fabric interiors store in Portland, Oregon. Choose tough, tightly woven fabrics that you can apply a stain-resistant product to, such as tapestry or synthetic/natural blends. "We have heavy-duty, high-quality fabrics starting at $16.99 per yard," Estrin says. **wd**

## A WORD ON **"STAIN-RESISTANT"**

Many carpets and sofas come pretreated with stain-resistant chemicals, which make liquids and potentially staining dyes pool on the surface of the fabric rather than sink right into it. You can also apply your own stain barrier. If you do decide to do the job yourself, opt for a stain repellent that prevents both oil- and water-based stains.

Keep in mind that repellents work by creating a temporary barrier: If a liquid hits the surface, it will sit on top before sinking in. So if you're standing there with a sponge, yes, they work. But nothing is truly stainproof. Another thing to consider: Though treated materials are more durable, most of the chemicals in the treatments have never been tested for long-term health effects in humans, and research has shown that some of the chemicals used may have health risks. If you're concerned about chemicals, the most natural option is to stick to washable casings and natural-fiber carpets that aren't treated!


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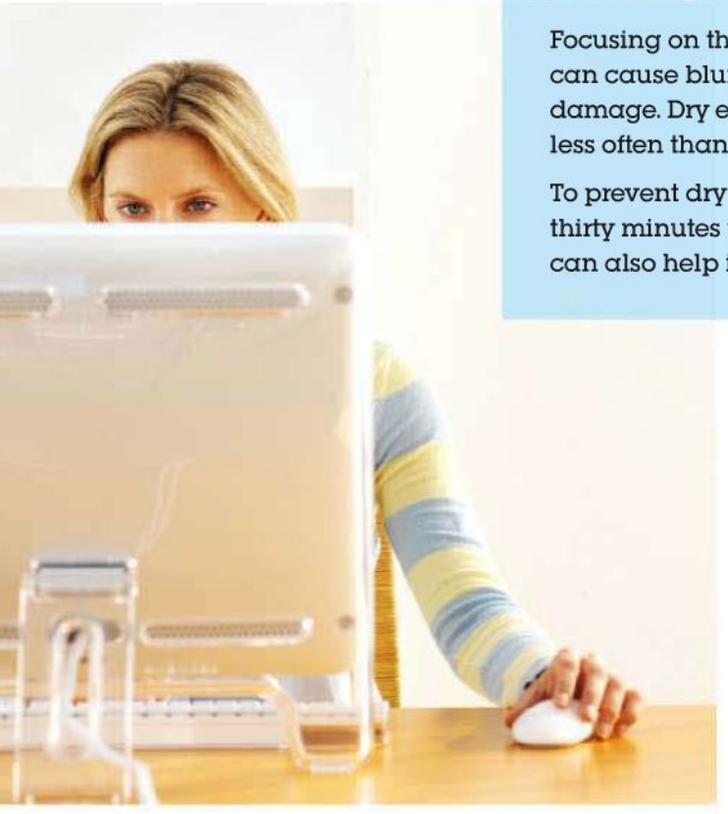
# Eye Spy

## A guide to healthy eyes

**MYTH:** Computer use can hurt your eyes.



**FACT:**

Focusing on the computer screen, or any object, for a long period of time can cause blurred vision or headaches but will not lead to permanent damage. Dry eyes and eyestrain are temporary effects caused by blinking less often than usual while concentrating on the task at hand.

To prevent dry eyes, shift your focus from the computer screen every thirty minutes to promote eye movement and blinking. A humidifier can also help if the air inside your home is dry.

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# "I'm having money troubles!"

## Right now, three common problems are causing millions of people to lose money every day. If you're one of them, here's how to avoid a financial freefall

by Kate Ashford

The numbers are staggering: A quarter of U.S. homeowners currently owe more on their home than it's worth, 14.6 million people are unemployed, and the stock market lost 50 percent of its value last spring, causing the retirement accounts of millions to nosedive.

Meet three families who faced tough financial times and came out the other side, and find out how you can too.

BOTTOM LEFT: GETTY

### "I was **unemployed** for months—without much in savings."

**Marcia Delgadillo, 48,** had been the sole wage earner when she was laid off from her marketing job in January 2009. Her husband, Holvis, was in grad school full-time; if he'd dropped out to look for a job, it would have sent him back to square one. "In his program, he couldn't just pick up where he left off," says Marcia. With two kids, ages 12 and 14, times were lean. *(Please turn to 44)*



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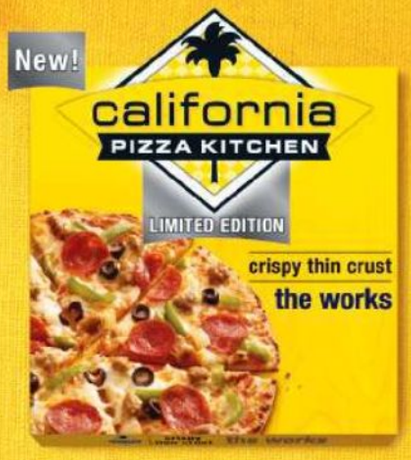


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## MONEY TROUBLES

CONTINUED So the Delgadillos, who live in Richmond, California, cut expenses and tapped an existing home equity line of credit (HELOC) to bridge the gap. "We maxed it out," says Marcia. After five months of scraping by, she was offered a job—at 30 percent less than she'd made before. Marcia accepted the pay cut. "I got this job just in time," she says. "Things are back on track now."

About 45 percent of unemployed Americans have been out of work for 27 weeks or more—what the U.S. Department of Labor considers "long-term unemployed." If you're one of them, follow this advice.

### what to do immediately: forget about paying down debt

And going out to dinner. And HBO. In this economy, there's no telling how long you'll be looking for work, and unemployment benefits don't last forever, so you have to cut your spending to the bone. "Be honest about what is a *want* and what is a *need*," says Constance Stone, CFP, president and cofounder of Stepping Stone Financial, Inc. in Chagrin Falls, Ohio. If you were aggressively paying down credit cards before you got the pink slip, stop. Make the minimum payments (on time) and focus on conserving as much cash as possible.

### as your savings dwindle: borrow (but do it wisely)

Intentionally taking on debt may seem crazy, but it's a better option than, say, losing your house or ruining your credit by not paying your bills. If your ends aren't meeting and there's no job in sight, it's (gasp!) OK to pull out the plastic for essentials like groceries. "Tapping credit cards is better than taking out a loan, presuming you're not maxed out and you have the discipline to attack that debt once you get a job," says Sheryl Garrett, founder of the Garrett Planning Network and author of *Investing in an Uncertain Economy for Dummies.*

If you have access to a HELOC, as the Delgadillos did, you can also use that, but do so cautiously. "You will have to start making monthly payments immediately, regardless of your employment situation," says Stone. Credit cards are considered unsecured debt—so if you default, your credit's going to crater, but that's about it. A HELOC, on the other hand, is secured debt, meaning it's anchored by your house. If you can't make your HELOC payments, your home is at risk. Bad idea.

An even worse idea: digging into your retirement accounts, says Melinda Opperman, senior vice president of community outreach and industry relations at Springboard Nonprofit Consumer Credit Management. That's long-term money; with luck, this will only be a short-term situation. Not only will you pay income taxes on retirement money you withdraw, you'll also pay a 10 percent penalty if you're under age 59½, and you'll destroy the cushion that's supposed to support you when you're 70. If money's short and you have no other options, you can pull your contributions out of a Roth IRA penalty-free—but only if the money's been in there for five tax years. When you contribute to a Roth, you contribute for a particular tax year (the cutoff date is April 15 of the following year). Say you put $5,000 into a Roth IRA for the 2005 tax year. You could take up to $5,000 out in 2010 because five full tax years will have passed.

### if you're nearly tapped out: take any job offer

"When money's running out, you don't have the luxury to dictate terms," says Michael Kitces, CFP, director of research for Pinnacle Advisory Group in Columbia, Maryland, and coauthor of *Tools & Techniques: Retirement Income Planning*. The key is to generate income while you continue to look for a better job. *(Please turn to 46)*

## WHERE TO GO FOR HELP

- **U.S. Department of Housing and Urban Development (*hud.gov*)**
  Find free housing counselors who can answer mortgage questions and advise you.
- **Garrett Planning Network (*garrettplanningnetwork.com*)**
  Find fee-only financial planners who charge by the hour.
- **FinaMetrica Risk Profile (*riskprofiling.com/freeprofile*)**
  Complete the quiz to find out your financial risk tolerance.
- **BillShrink (*billshrink.com*)**
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# "We're upside down on our **mortgage**."

When **Carrie Rocha, 34,** founder of **PocketYourDollars.com**, and her husband, Marco, 44, a graduate student, bought their two-bedroom townhouse in a Minneapolis suburb seven years ago, they had no kids. Today they have two, ages 3 and 1½, and they'd like to move to a different area—but they can't. "We intended this to be a starter home," says Carrie.

They've tried to sell twice with no luck. Now they owe more on the mortgage than the house is worth. It's not as dire as some situations—their place is valued at $145,000 and they owe about $152,000—but after closing costs, they'd still be out more than $14,000 (if they even get full price). That's money they don't want to lose, so they're staying put and hoping to sell farther down the road.

It's not always easy to think positive when yours is among the 11.2 million homes with an upside-down mortgage. Here's how to keep your head above water.

### what to do immediately:
### stay where you are if you can

Unless you absolutely need to move, there's no need to freak out. "If you can make the payments on your current home, keep doing it," says J. David Lewis, MBA, founder of Resource Advisory Services in Knoxville, Tennessee.

### if you must move:
### make up the difference

If what you owe on your mortgage isn't far from the home's value (as with the Rochas) and you need to relocate (say, for a job transfer), you have a decision to make: Either pay extra on your mortgage until you could break even by selling the home at its current value, or dip into savings to cover the shortfall when you sell, says Opperman.

In this market, you may get your new home for a bargain. So if you pay $10,000 out of pocket to sell yours and buy one for $10,000 less than it was worth a year ago, some experts might consider that a wash.

### if you're thinking of renting out your home:
### think long and hard

This is certainly an option, but keep in mind that you may not be able to rent it for the cost of your mortgage payment, if at all. And if your renters flake, you'll still be on the hook to pay this mortgage *and* the rent or mortgage of the other property. Plus, a rental property may be more hassle than it's worth. "There's still care and upkeep necessary on the house," says Vicki Bott, deputy assistant secretary for single-family housing at the U.S. Department of Housing and Urban Development (HUD). "You need to be fully prepared to take on the responsibility of managing a rental."

### if you're contemplating walking away:
### talk to an expert first

If you're *really* under water—for instance, owing $400,000 on a home that's worth $250,000—you may be thinking about letting the bank foreclose and moving on. It's called strategically defaulting: choosing foreclosure even though you can make the payments. Before you do it, talk to a HUD-approved counselor. (See "Where to Go for Help," page 44, to find one near you.) It's a free service, and they can show you all your options—plus the downsides.

"There can be serious tax consequences to walking away from a home," says Clarissa Hobson, CFP, senior financial planning advisor at Carnick & Company in Colorado Springs. "The IRS could consider the canceled debt a form of income and hit you with a significant tax bill." Plus, a foreclosure will derail your credit score, which may prevent you from buying another home for years.

A short sale (selling your house to a buyer for less than the balance on the mortgage, if the bank allows it) is a less damaging option, but not by much. You'll probably still face a considerable tax bill and your credit score will take a large dive. If it's your only option, call your lender before soliciting offers. "Sometimes people list their home and wait to tell the bank until an offer comes in," points out Bott. "The best bet is to call your lender first to make sure you qualify for a short sale (the criteria will vary by lender), and to find out what they're willing to list the property for." *(Please turn to 48)*

TOP TO BOTTOM: SHANNON STEFFENS, CANDID MOMENTS PHOTOGRAPHY, LLC; WHITE PACKERT/GETTY.



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## "Our **retirement** accounts lost serious money when the market tanked."

**Danny Kofke, 35,** a special education teacher, and his wife, Tracy, 38, a former teacher who's now a stay-at-home mom, have been saving for retirement for years. They both have 403(b) plans, the teacher's equivalent of a 401(k). The Hoschton, Georgia, couple, parents of two daughters, 6 and 3, have also been socking away money into Roth IRAs every year. But when the market went south in 2008, so did their savings. "We probably lost between 30 and 40 percent, or roughly $6,000," says Danny. Unlike a lot of people, though, the Kofkes didn't panic, even though they were upset. They kept contributing every month and have seen their accounts recover much of their value. "Fortunately, we've been able to regain about $4,000," says Danny. "We just tried to remember that we're in this for the long haul."

If you watched in horror as your retirement fund took a plunge, try this advice to recover what you lost.

### what to do if you haven't made a move yet: nothing

Believe it or not, leaving your accounts alone is your best bet. Don't stop contributing to your 401(k). Don't dump all your stocks for bonds. And absolutely don't cash out. Stay the course and you stand a far greater chance of watching your balance return to its former glory. "People who keep contributing will find that they'll break even more quickly than someone who stops contributing altogether," says financial planner Ted Toal, CFP, a senior partner at Rockwood Wealth Management in Annapolis, Maryland.

In fact, the one thing you *should* do is boost your contributions. "Clearly, the best time to buy is when the market is down," says Stone. Now that stock prices have fallen, your contributions will purchase more shares at a lower price. What's more, even if your account has recovered at least partially from the market crash, you may have lost your company match (a common casualty of the recession) so you're not saving as much as before. "A lot of firms cut back on that perk during the recession as a way to avoid laying off workers," explains Hobson. If your employer was matching up to 3 percent, raise your contribution by 3 percent—consider it a self-match, if you will. As an alternative, you can put that amount into a Roth IRA, suggests Stone.

Keep in mind that it's perfectly normal for your portfolio to go down if the market does. However, if your portfolio goes down by more than 5 percent when the market goes *up,* it probably means your investments aren't so great. *That's* when you should review your investments more seriously and possibly consider moving your money into something a little more traditional, such as an S&P index fund or a target date retirement fund, says Kitces. Both are better because they're fairly predictable.

An S&P index fund mirrors the performance of the S&P 500: Whatever the market does, your money will follow. And a target date retirement fund contains a diverse mix of investments that become more conservative as you near retirement.

### if you pulled out: jump back in

Unfortunately, if you panicked when the market hit bottom and dumped all your stocks, you're going to have a harder time rebuilding your nest egg. "There's really nothing you can do once you've stepped out of the market," says Mary Lacey Gibson, CFP, founder of MLG Financial Planning in San Juan Bautista, California. You sold low, so buying back in now that the market has rebounded a bit means you're acquiring stocks at a significantly higher price.

But that doesn't mean you should stay out. Start contributing again to your 401(k), reinvest in stocks that

BOTTOM: VEER



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are appropriate for you—and then be patient. Check your statements no more than once a quarter and rebalance once a year. "Looking at them constantly can make you feel as if you need to act," says Gibson. "Often that leads to making the wrong moves at the wrong time."

**in the future:**

### stop "investing by numbers" only

Have you ever heard that you should have X amount in stocks and Y amount in bonds just because you're a particular age? Surprise: That's not always the best setup for some people. "I would put more weight in risk tolerance than I would in age," says Garrett. "Ask yourself how much risk you're comfortable taking." Your answer could lead to considerable gains.

However, don't *totally* disregard your age, especially if you're nearing retirement. You may be 55 and completely at ease with a high-risk investment, but be sure to weigh that against other factors, such as how much money you have saved elsewhere (is it enough to cover what you might lose?) and how many more years you plan to work (would you have enough time to earn back what you might lose?).

If you're not sure how much risk you can withstand, take a risk questionnaire. (Find them at financial websites like **vanguard.com** and **fidelity.com**.) Do several to see how they compare. Most will give you a stock/bond mix that matches the risk you want to take, and you can use that recommendation to adjust your 401(k) accordingly. If you have other investments (like an IRA), be sure to consider your 401(k) as just one part of your greater financial picture. And if it all seems too overwhelming, try a one-time fixer-upper meeting with a financial planner. (See "Where to Go for Help," page 44, to find an affordable one.) **wd**

# vetting the vets

## how to choose the right doctor for your pet

by Melinda Dodd

When you need a new doctor, you seek friends' advice, read Web reviews and ask questions. It's important to do the same for your pet. "We have to advocate for animals since they can't do it for themselves," says Michael Cavanaugh, DVM, DABVP, executive director of the American Animal Hospital Association (AAHA).

GETTY

**STEP 1**

### sniff out the best

"First, figure out what kind of veterinarian you want," says Nancy Kay, DVM, author of *Speaking for Spot: Be the Advocate Your Dog Needs to Live a Happy, Healthy, Longer Life.* Kind, caring, compassionate, yes, but also: Does your pet have unique requirements? Is it a traditional pet or an exotic one? Do you prefer a vet who has a solo practice or one who's part of a group?

"If a practice has 15 doctors, with specialists on staff, they're going to have a lot of resources and be able to bounce ideas off each other," says Dr. Cavanaugh. "But if you prefer to see the same doctor all the time, he can always refer you to a specialist when necessary." Of course, solo vets are not available 24/7, and may not always provide emergency care. *(Please turn to 52)*



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### VETTING THE VETS

CONTINUED After you identify your needs, the best way to find a vet is through word of mouth—your neighbors, other owners at the groomer's, the pet store and the dog park, or reviewers on **yelp.com**. "People love talking about their veterinarian, and you can get a consensus," explains Dr. Kay. She also suggests talking with staff at a 24-hour emergency clinic: "They are the absolute best source because animals from all the practices wind up there." If they hesitate to name names, ask them to simply point out the best ones on your list.

Top veterinary hospitals are often AAHA-accredited (for a list, see **healthypet.com**), which means they have voluntarily chosen to meet more than 900 standards established for anesthesia administration, disease treatment, critical care, pain management and other key areas. While many good veterinarians lack this designation, it indicates quality in a world with few accreditations. Another thing to look for: a vet who has been designated a Diplomate of the American Board of Veterinary Practitioners (**abvp.com**), indicating that she gets recertified in care for a specific species every 10 years.

**STEP 2**

## follow the scent

When you call to set up a visit to a potential vet, pay attention to how the receptionist treats you. It's a tipoff to what kind of practice you may encounter. "You want to feel respected and accommodated," says Dr. Cavanaugh. Dismissive service suggests you might end up being a low priority if your pet is a patient. *(Please turn to 54)*

## SHOULD YOU FIRE YOUR VET?

You thought you'd found the perfect vet, but things seem a little off. Don't ignore it, says Justine Lee, DVM, DACVECC, author of *It's a Cat's World...You Just Live in It.* "A lot of people aren't aggressive enough when it comes to their pets' health." If you have an issue with how your animal (or you!) is being treated, say something. "Sometimes people put up with less than adequate care because it's a hassle to switch," Dr. Cavanaugh says. Talk to your vet first to see if you can resolve the situation. If you do decide to switch, let him know why. "It might help him find a way to improve," says Dr. Cavanaugh.

### WATCH OUT IF:

- **Your vet's not managing her phone calls well** "If the office doesn't call you back within 24 hours of your call, that's a problem," says Dr. Lee, who admits weekends are tough. On weekdays, however, there's less of an excuse.
- **Your vet's not willing to pass you to a specialist** "I can-do-it-all" vets are dangerous, warns Dr. Kay: "Some diagnostic tests, surgeries and treatments are best performed by a veterinary specialist." Unusual infectious diseases, treatable cancer and organ failure also can benefit from expert help. "If you sense your vet doesn't refer you because she thinks she can handle everything, walk away."
- **Your vet seems to lack the sympathy gene** Beware the vet who doesn't allow hospitalized pets to have visitors, or who won't let family be present during euthanasia. "Clients deprived of those moments often suffer horrific guilt," Dr. Kay notes. "The veterinarian should want you to feel comfortable."
- **Your vet doesn't give you the time you need** Doctors who can't spend an adequate amount of time explaining a complicated disease to you or never ask your thoughts aren't the sort of vet you want. "You spend more time with your pet than anyone and are an integral part of your pet's health team," says Dr. Cavanaugh. "Your input should be sought."
- **Your pet regularly shows anxiety or fear at the vet's office** Nervous pets don't always hiss or bark—they also freeze, cower, pace or try to hide. Consider whether the vet's actions make your pet feel threatened. "Pets, like people, are unique in how they handle the stress of a doctor visit," says Dr. Cavanaugh. Look at how the vet responds to your pet's fears, advises applied animal behaviorist Sophia Yin, DVM, author of *Low-Stress Handling*. "Does she alter what she's doing to accommodate the animal? You want someone who'll try to put your pet in a happy, comfortable state."



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### VETTING THE VETS

CONTINUED As you drive into the parking lot, look for other clues that hint at the quality of care: "The area around the building should be landscaped, with no trash, and in fairly good condition," says Larry Corry, DVM, immediate past president of the American Veterinary Medical Association. "What you see outdoors is probably a reflection of how well the interior area where animals are boarded is maintained. If it's not cleaned up outside, it's probably not cleaned up inside."

When you enter, you want to be welcomed by happy, helpful employees. Their demeanor is a reflection of the general attitude of the place. "It's not just about the vet, it's about the whole staff," Dr. Kay notes. "If they like their jobs, they'll do them better—which affects the health and happiness of your animal."

Also take note of how long you have to wait. But don't freak out if you hear an endless echo of barking: In most cases, it just means you're in an older hospital with a poor acoustic layout, explains Dr. Cavanaugh. Facilities built within the last 10 years are more likely to have been designed to keep those sounds far away from the ears of customers—and their nervous pets.

Ask to tour the premises. "If someone were unwilling to let me see the clinic, I would certainly wonder why," says Dr. Cavanaugh. When you walk around, keep an eye out for high-tech equipment, which points toward the latest treatments. In-house labs, pharmacies and specialists save time. And make sure to explore the whole clinic. "You want to see the areas where your pet may get an injection or get his toenails trimmed, as well as the boarding area," notes Dr. Kay. "Do the animals appear content—no whining or crying? Do they have ample bedding and clean cages? Is the surgery suite clean, modern and clutter-free? Is there an isolation ward for pets with contagious diseases?"

If there's time to spare, talk to the front desk staff about how bills are handled and payment options. Few veterinary offices offer discounts, but many allow payment plans or CareCredit, a credit card that can be used for veterinary services and defers interest for at



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least six months as long as you make the minimum payment and pay off the remaining balance within the promotional period. However, your vet may offer you a discount if you're a senior citizen or if you own multiple pets.

**STEP 3**

## nose around

When you sit down for your consultation with the prospective vet, make sure to ask these five important questions:

**1. Who do you go to for advice and second opinions?** If the answer is no one, keep searching. "You want a veterinarian who's going to say, 'If I have a difficult case, I call Dr. A or B,'" says Dr. Kay. "Anything else suggests a cowboy mentality, which is not in the best interest of your pet."

**2. What type of continuing education do you pursue?** "Veterinary medicine changes rapidly, and it's impossible to stay current without this," Dr. Kay says. (Many state veterinary boards mandate lifelong learning.) For more insight into the vet's background, read his or her bio online or look for a brochure at the front desk for information on the doctor's past internships, residencies and degrees. (If you don't see it, ask if they have one.) Check for affiliations with veterinary associations, which implies contact with new ideas.

**3. How often do you vaccinate?** When it comes to core vaccines like distemper and parvovirus, "we now know that these basic inoculations for adult dogs and cats need to be given no more than once every three years," notes Dr. Kay. "There are just two reasons I can think of as to why vets would give them once a year: Either they're not staying current or they're out to make a buck."

**4. How do you handle after-hours emergencies and 24-hour care?** You want a clinic that's staffed around the clock (or provides a referral to one that is) so that someone can periodically check on your pet if she has to stay overnight, says Dr. Kay. "You should feel confident that your pet will be taken care of at any time, day or night."

**5. Are you thinking of moving or retiring soon?** The last thing you want to do is start from square one again! **wd**

# a woman's day in...
# Charleston, SC

Eliza Ingle with daughters Elizabeth, 11, Addison, 14, and Helen, 7.

"After one visit people are ready to move here," says dance professor Eliza Ingle, 42, who's lived in Charleston 18 years. Little wonder: This gracious city blends charm and history, offering the best of the Old South—antebellum mansions, gorgeous gardens, historic churches. And the people are as genteel as the city itself. "Everyone is incredibly polite," says Eliza, a mom of three. For a true sense of this Southern gem, check out Eliza's can't-miss list.

1

2

3

**1. TO GET AN UP-CLOSE VIEW OF HISTORIC HOUSES: Take the Fall Tours of Homes and Gardens (*preservationsociety.org*)** From September 23 through October 24 the Preservation Society of Charleston holds its annual three-hour self-guided walking tour, which gives you a glimpse inside beautiful historic homes. "It's a very popular tour, so buy tickets early," says Eliza. For $45 per person you'll see at least eight properties, many dating back to the 18th century.

**2. FOR A TRUE CHARLESTON EXPERIENCE: Ride in a horse-drawn carriage** Talk about Southern charm! "Carriages take you on a tour of the historic district, and the drivers pass along tidbits about Charleston, like the fact that the country's first museum was founded here." Classic Carriage Works (**classiccarriage.com**), Olde Towne Carriage Company (**oldetownecarriage.com**) and Carolina Polo and Carriage Company (**cpcc.com**) all charge $20 for a one-hour ride.

**3. BEST WAY TO SPEND A SATURDAY: The Farmers' Market at Marion Square Park** This local favorite runs Saturdays (8 A.M. to 2 P.M.) from April through mid-December. "I go in the morning," says Eliza. "It's especially lively then, with musicians playing, pony rides for kids and artisans

FROM TOP: ANNIE SCHLECHTER; HAIR & MAKEUP BY TONYA NOLAND FOR MARK EDWARD INC.; COURTESY OF CLASSIC CARRIAGE WORKS; COURTESY OF MILTON MORRIS/PRESERVATION SOCIETY OF CHARLESTON SHUTTERSTOCK.

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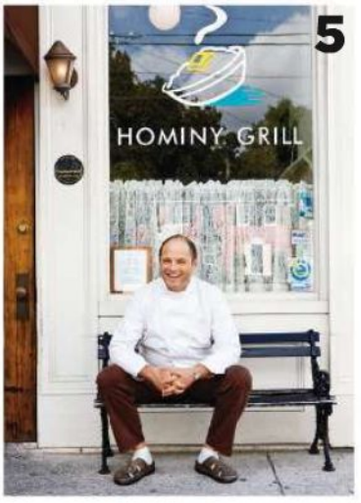
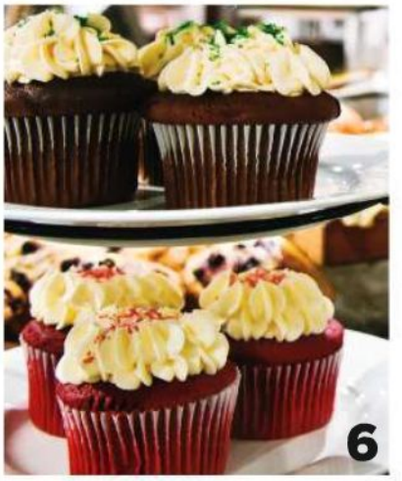
selling their work." Whatever time you go, you'll likely find Charleston's traditional sweetgrass baskets for sale—a perfect souvenir. "We consider these highly sought-after baskets art." To see how they're made, head over to the City Market (Meeting and East Bay Streets), where local craftswomen demonstrate the technique daily.

**4. ONE THING YOU MUST DO: Go to the Battery** Located at the southernmost tip of the city, this park offers spectacular water views. "On a sunny day you can see Fort Sumter, where the first shots of the Civil War were fired, in the middle of Charleston Harbor," says Eliza. "It's still warm enough to enjoy; temperatures here stay in the 70s through October." Old cannons and cannonballs line the park—a popular climbing spot for kids.




**5. FOR A TASTE OF LOWCOUNTRY CUISINE: Hominy Grill (*hominygrill.com*)** "It's *the* place for regional soul food done in a contemporary way," says Eliza. Chef-owner Robert Stehling serves up traditional South Carolina staples like she-crab soup and purloo, but also brings modern flair to classics like catfish (he coats his with sesame seeds). "My favorite is the shrimp and grits," says Eliza. "I order them every time I come here with my husband, David."



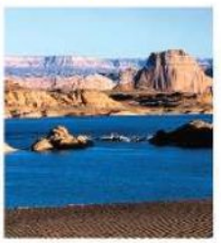

**6. COOL PLACE FOR LUNCH: Caviar & Bananas (*caviarandbananas.com*)** Locals consider it a must-stop for delicious prepared food to go. "Since it's down the street from the College of Charleston, where I teach, I can pop in and pick up sandwiches for a picnic with my kids at the Cistern Yard, on campus," says Eliza. "The cafe is terrific too. Sit inside or grab a table outdoors."

**7. FOR YOUR SPRING VACATION ITINERARY: The Spoleto Festival USA (*spoletousa.org*)** For 17 days each year, Charleston hosts more than 100 daily shows at venues and outdoor spaces in the historic district—everything from ballet to opera to jazz. "Theater, dance and music fill the city 24/7 for those two weeks." Ticket prices average $10 to $130, with the best deals on midweek shows. (2011 dates: May 27 through June 12.) **wd**

*Interview by Angela Ebron*

Where to stay? Go to **womansday.com/charleston.**

## WIN A TRIP TO ARIZONA!



**One lucky winner and a guest will receive a "Perfect Three Days" package (a $1,100 value) to Lake Powell Resorts & Marinas in Arizona (*lakepowell.com*), which includes two nights' lodging, a cruise for two, plus a $100 resort credit for dining and shopping. July and August 2011 blackout dates apply. Enter to win at *womansday.com/giveaways.* For a list of winners, go to *womansday.com/winners.***

FROM TOP: RON ROCZ; CLOCKWISE, COURTESY OF: CAVIAR & BANANAS; PETER FRANK EDWARDS; WILLIAM STRUHS.

# save face (and

Why spend a fortune on pricey beauty treatments when you can get

IF YOU WANT

## smoother hair...

**YOU COULD PAY FOR:** The 90-minute Brazilian Blowout, which costs up to $400 and calms frizz and unruly curls for up to 12 weeks. A stylist paints an amino acid–based serum onto your damp hair from roots to ends, then blow-dries hair and seals the formula into cuticles using a 450-degree flat iron. Before styling, she rinses with a deep-conditioning masque.

**OR TRY:** The 20-minute **Garnier Fructis Style Sleek & Shine Blow Dry Perfector** ($11.99; at drugstores), which boosts shine and helps smooth hair for up to seven shampoos. Apply the cysteine-based serum (which helps loosen hair bonds that cause frizz) to damp hair and rinse out after 20 minutes. Then comb through a cream containing rice oil to seal the cuticle, blow-dry and flat-iron to style.

**YOUR SAVINGS:** $388

IF YOU WANT

## a flawless complexion...

**YOU COULD PAY FOR:** One application of long-lasting airbrush makeup, which is put on at a salon in about 45 minutes for roughly $125. A trained makeup artist uses a compressor tool (similar to the kind used to paint cars) to spray on the lightweight, highly pigmented makeup, which is specifically formulated to even out your skin.

**OR TRY:** **Revlon PhotoReady Compact Makeup** with SPF 20 ($13.99; at Walmart this November), a cream compact foundation that turns into a liquid, thanks to its clear liquefying screen on top. Once on your skin, it dries to a powder finish and lasts up to eight hours. What's more, the photochromatic pigments in the foundation adjust to different lighting so your skin always looks radiant.

**YOUR SAVINGS:** $111

IF YOU WANT

## younger-looking skin...

**YOU COULD PAY FOR:** A targeted light therapy treatment such as IPL (intense pulsed light), which is done in a dermatologist's office to help combat age spots, fine lines, wrinkles and uneven texture. You'll spend an average of $300 to $600 a session—and you may need up to three sessions, since the first one may not provide enough of an improvement.

**OR TRY:** **Clinique Repairwear Laser Focus Wrinkle & UV Damage Corrector** ($44.50; **clinique.com**), which claims to give you, after 12 weeks of twice-daily use, 63 percent of the benefits you'd get from a successful laser treatment. Massage three drops of the serum—formulated with skin-firming whey protein, vitamins C and E, and free radical–fighting pomegranate juice extract—onto your face and eye area.

**YOUR SAVINGS:** About $555

TODD HUFFMAN



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# money!)

similar results for a lot less at home?

## PRIME TIME

**That flawless skin you see on actresses and TV anchors? It's likely had a little help from a makeup artist's secret weapon: primer.**

"Primers help keep skin hydrated and camouflage fine lines and wrinkles, while providing a smooth canvas for makeup," says Molly R. Stern, makeup artist for CoverGirl. Until now, however, finding one in a drugstore was difficult. But both CoverGirl and L'Oréal Paris have just introduced new formulas that provide gorgeous results. After smoothing on moisturizer, pump a nickel-size amount on the back of your hand. Gently dab it on spots where makeup fades fast, such as the chin, nose and eyelids. Wait 2 minutes before applying foundation.

**CoverGirl & Olay Simply Ageless Serum Primer**
contains an amino-peptide complex to help improve your skin tone and texture. It also has glycerin to lock moisture into skin. ($13.99; at drugstores)

**L'Oréal Paris Studio Secrets Professional Anti-Dull Skin Primer**
is available in three shades and helps warm up your skin tone. ($12.95; at drugstores)

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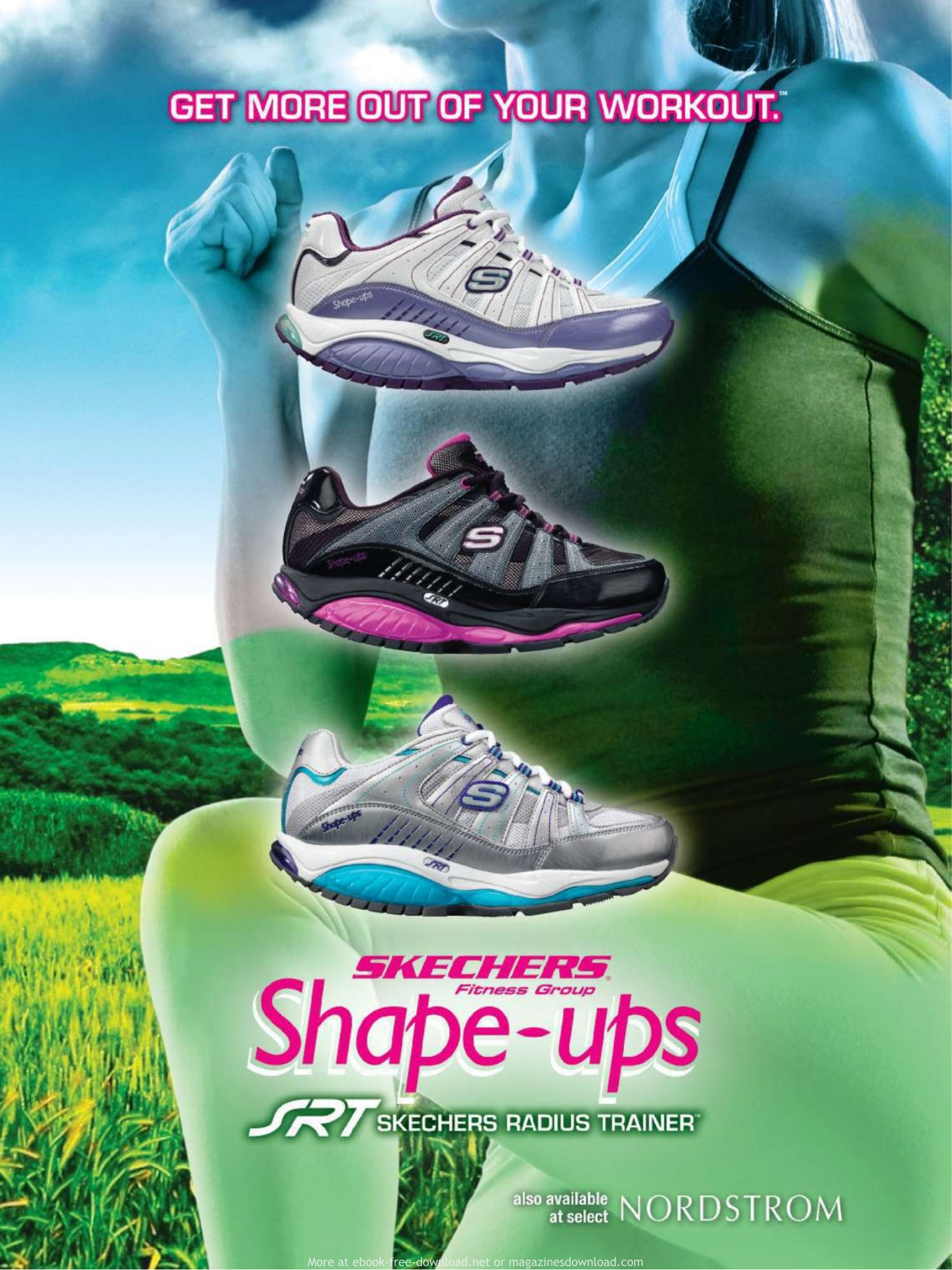


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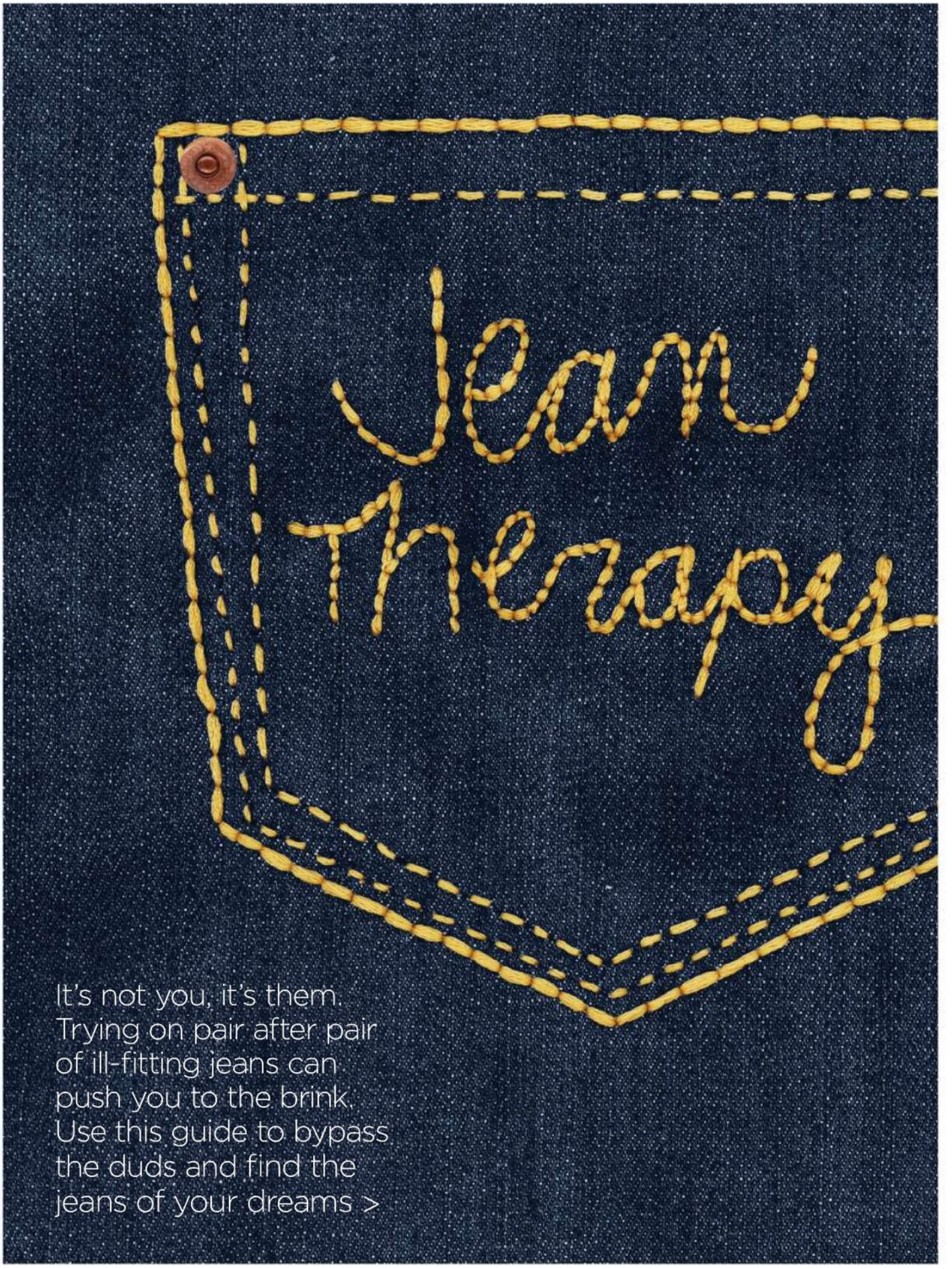


It's not you, it's them. Trying on pair after pair of ill-fitting jeans can push you to the brink. Use this guide to bypass the duds and find the jeans of your dreams >

ILLUSTRATION BY STEPHEN CAMPBELL

WD staffers tried on 271 pairs of jeans to find the best for every figure. Turn the page for a rear view!

**BOYISH**
"These Lee jeans fit my legs well and give me a better-looking bottom. I felt more confident the minute I put them on." **Donna Meadow, Associate Food Editor**

**HOURGLASS**
"Not only do these Paige jeans fit my waist, backside and thighs, they have a 'wow' factor—I got so many compliments." **Ellen Breslau, Executive Editor**

**PETITE**
"I'm only 5'2", so I was worried the roomier cut of these Victoria's Secret jeans would make me look smaller. But they do just the opposite." **Stephanie Kim, Photo Director**

SERGIO KURHAJEC; HAIR BY SUE PIKE FOR SALLY HARLOR; MAKEUP BY ELOISE CHEUNG FOR ARTISTS BY NEXT.

# 7 JEANS THAT

**CURVY**
"I was shocked at the price of these Jeanology jeans. They fit so well, I thought they'd be three times as expensive!" **Jessie Clary, Beauty and Fashion Advertising Director**

**EXPECTING**
"These Old Navy jeans have a great shape through the legs. Now I can be cute even with my baby bump!" **Melissa Matthews, Beauty Editor**

**APPLE-SHAPED**
"Jeans always make me feel like I'm wearing a girdle. But I was pleasantly surprised by this Miraclebody pair—they're as cozy as yoga pants." **Terri Ciccarelli, Receptionist**

**TALL**
"Since I have long legs, jeans usually come up short. These Levi's are long enough for even my highest stilettos." **Crystal Tate, Associate Lifestyle Editor**

# REALLY FIT

**BOYISH**
Create the illusion of curves with a bootcut hem and a deep yoke (the V-shaped section on the seat area) to emphasize your behind. This comfy pair will keep its shape after wash and wear thanks to its premium yarn and extra elastane. Lee Slender Secret bootcut jeans, $42; **lee.com**

**HOURGLASS**
Finding jeans to fit fuller hips used to mean going up a size—and dealing with waist gap. But this pair has a contoured waistband narrow enough to hug a small middle and a generous cut through the hips and legs to glide over curves. Paige The Skyline 14", $189; **paigeusa.com**

**PETITE**
The recipe for taking shorter frames to new heights: a wide trouser-like leg, a streamlined fit, a floor-skimming hem and a dark, fade-free rinse. All ingredients work together to create a long, slim line. Victoria's Secret Hipster Boot Cut, $59.50; **victoriassecret.com**

### CURVY

Look for a pair with at least 2% stretch (listed as spandex or elastane on the label) to conform to—not constrict—below-the-waist curves. A flared leg visually balances out wider hips and thighs. Jeanology Stretch Denim Curvy-Fit Flare-Leg Jeans, $39; **newport-news.com**

### EXPECTING

Craving something more stylish than sweats but just as comfortable? Try these bootcut blues, which have a stretchy waistband designed to look just like regular denim. No one will ever know they're mom-to-be jeans. Old Navy Maternity Low-Rise Bootcut Jean, $36.50; **oldnavy.com**

### APPLE-SHAPED

These midrise jeans hit right below the navel and have a stretchy front control panel that holds you in without leaving you waiting to exhale. They're also woven with double the spandex for a snug but comfy fit. Miraclebody Katie straight-leg, $110; **miraclebody.com**

### TALL

Got legs that go on forever? Look for an inseam that's 32" or longer. This pair's goes up to 34" and has a slim cut to show off spectacular gams. These also come in three fits for straight, proportionate or curvy shapes. Bold Curve Skinny Jeans by Levi's, $59.50; **us.levi.com**

# JEAN-EOLOGY

## The shapes that work for you, plus a standout in every style

### CROPPED

Longer than traditional capris (they break at the ankle), these jeans won't make short legs look stumpy. Wear with a blazer and ankle boots or tucked into knee-high boots. Old Navy Low-rise Biker Skinny Jean, $34.50; **oldnavy.com**

### BOOTCUT

Universally flattering, this fit creates a shapely silhouette for slender and athletic frames. By mimicking the natural slope of your hips, the flared hem draws attention to existing curves. Faded Glory Boot Cut Jean, $12; **walmart.com**

### CARGO

Avoid pockets that are too bulky and you've got a style that works wonders for women with skinny legs (the flaps add visual interest to help fill out your thighs). Level 99 Colin jeans, $98; **brooklynindustries.com**

### SKINNY

With a leg-hugging cut that tapers, this style highlights your hips and backside—perfect for boyish bodies. Wear with a long cardigan and chunky necklace. Not Your Daughter's Jeans Twiggy Skinny Leg, $98; at Nordstrom stores.

### JEGGING

Don't be intimidated by this part-jeans, part-leggings hybrid. They're snug-fitting but can look great on most body types. Curvy? Wear with a thigh-grazing top for clever concealment. Siren Legging Jean, $59.50; **victoriassecret.com**

### RELAXED

Roomier all around, relaxed jeans work for hourglass or pear shapes. These—WD's pick for most comfy—are made with a smooth silk waistband and 40% stretch. Cookie Johnson Praise Relaxed Jean, $163; **nordstrom.com**

### TROUSER

An elongating superstar for petite frames, these jeans tend to sit above the natural waist, taming a less-than-toned tummy. Thanks to their pant-like cut, they're easily dressed up for work. Lands' End Denim Trouser, $59.50; **landsend.com**

### PLUS-SIZE

Look for a waist that's slightly lower in the front and higher in the back so you don't show off your underwear when you sit. A stretchy jean with a wide waistband gently holds you in. Ashley Stewart Jegging, $34; **ashleystewart.com**

ALISON GOOTEE; ON-SET STYLING BY DONA MANDEL.



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# Information For Patients About
# Cymbalta® (duloxetine hydrochloride) Delayed-Release Capsules

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah) and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

**Warning:** In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

## What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD) also called depression, generalized anxiety disorder (GAD), and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

## What is depression?

Depression is a serious medical condition with a variety of symptoms. Symptoms may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, trouble concentrating or making decisions, fatigue, changes in appetite or sleep patterns, aches and pains, irritability, and anxiety. For some, depression can include thoughts of death or suicide. These could be depression symptoms if they go on for two weeks or more and interfere with your daily activities.

## How is Cymbalta believed to work?

Although the exact way Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine, which are two naturally-occurring substances in the brain and spinal cord.

## When will Cymbalta begin to work?

In clinical studies, many people taking Cymbalta began to feel improvement in their symptoms as early as 1 to 4 weeks after starting Cymbalta. As with any treatment, results may vary from person to person.

## Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate) or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.
- You have uncontrolled narrow-angle glaucoma (increased eye pressure).
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine).

## What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes.
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported.
- About your alcohol use.
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products.
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles.
- If you take NSAID pain relievers, aspirin, or blood thinners as these medications may increase risk of bleeding when used with Cymbalta.
- If you are pregnant, plan to become pregnant, or are nursing.
- If you experience dizziness or fainting upon standing due to a sudden drop in blood pressure. This may happen especially when first starting Cymbalta, when increasing the dose, or when used in combination with certain other drugs.
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta.
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels.
- If you develop problems with urine flow while taking Cymbalta.

## How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

## What are the possible side effects of Cymbalta?

- In clinical studies of depression, the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, decreased appetite, fatigue, sleepiness, and increased sweating.

This is not a complete list of side effects. For full patient information, visit www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.
**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

## What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

## What happens when I stop taking Cymbalta?

Cymbalta should not be stopped suddenly. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache. Talk with your healthcare provider before stopping Cymbalta as he or she may wish to decrease the dose slowly to help you avoid these kinds of symptoms.

## Can children take Cymbalta?

Cymbalta has not been studied in children under 18 and is not approved for this age group. See Boxed Warning above.

## General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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# BLUES CLUES

## Your denim dilemmas, solved

### How do I know which wash is the best for me?

"In general, a dark wash with no fading is most slimming," says Sarah Hodge, merchandise manager of **MyTrueFit.com**, which matches people to jeans based on their measurements. Want to create curves where there are none? Try a pair with faded patches, which accentuate the lighter areas.

### My jeans get baggy after a few wears. What can I do?

Since jeans that fit you like a glove in the store typically stretch out ¼" all the way around, buy a pair that's snugger, says Hodge. This may mean going a size down, but don't go too small. "If you can't fit your finger where the waistband meets the hipbone, or the zipper is pulling, they're too tight," says Mary Alexandre, owner of Denim Bar, a jeans boutique in Washington, DC.

### I have a tummy. What rise should I be wearing?

Go for a medium- or higher-rise jean, which covers your middle and controls jiggles with no unflattering spillover. Hodge suggests using this handy trick when you're shopping to determine the rise: Place your thumb on the crotch seam and measure up to the top of the waist with your middle finger. A lower rise is 7½" to 8½", a medium rise 8½" to 9½", and a higher rise 9½" and up.

### What's the best length to wear with heels and flats?

Once you've found a pair you love, buy two and have them hemmed, says Hodge. For bootcut and trouser styles worn with heels, the hem should rest half- to three-quarters of the way down the heel. Wearing flats? Jeans should skim the floor but not drag. Skinnier cuts should hit at or just below the ankle, with both flats and heels.

### Are a $150 and a $30 pair really that different?

Yes. Pricier jeans typically have a tighter weave, so they're more durable and less likely to lose shape, says Hodge. "Even if you don't plan to buy expensive jeans, try on a pair," says Clinton Kelly, cohost of TLC's *What Not to Wear*. "It will help you tell the difference between good-quality inexpensive jeans and those that are just cheap."

### Are there any high-performance jeans on the market for active types?

Have we got the jeans for you! Athleta's new durable Dry Dipper Jean ($138; **athleta.com**) is made with special technology that wicks moisture from the inside and repels water and stains on the outside. (Take that, ketchup!) Soft and breathable, they also have a drawstring for a custom fit.

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*-The Sponge*

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# make room for quilts

PHOTOGRAPHS BY LAURA MOSS
PRODUCED BY EDDIE ROSS

Remember that quilt you never quite finished? Or the one that's been sitting up in the attic for ages? It's time to display it with these creative ideas. Use one or all to show off those less-than-perfect projects as well as your prize patchwork

## ...as a pillow

A small quilt or an unfinished piece begs for a new life as a bolster pillow—and you don't even have to cut it to make one. Center a 4 x 4-foot piece (the quilt at right is designed by Blue Nickel Studios with Anna Maria Horner's "Good Folks" fabrics) on a 36 x 18-inch pillow. Fold the sides over the back of the pillow, secure with diaper pins, then fold over the top and bottom and pin. Tip: If your sofa is patterned (say, navy stripes), make a pillow out of a quilt that has contrasting prints in the same color family (like an aqua floral).

THIS PAGE: RUG, WISTERIA. LAMP, SHANDELL'S. OPPOSITE PAGE: VINTAGE QUILT, OLE CAROUSEL ANTIQUES CENTER. SIDE TABLE, WISTERIA. LAMP, SHANDELL'S.



SHOPPER'S GUIDE, PAGE 158

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## ...as a bed canopy

Make your little girl's dream of snoozing underneath a canopy come true. Screw in two ceiling hooks above the bed, each positioned about a foot from the wall and 6 inches in from the bed's sides (check the packaging first to make sure they'll bear your quilt's weight). Gather the short ends of a king-size quilt into two equal bunches, then tightly tie each with 1½-inch grosgrain ribbon. Slip the ribbon onto the hooks and fluff the folds to conceal the hardware. And don't be afraid to mix eras—this vintage quilt plays off the more modern pillow and spread made with fabric from Amy Butler's "Love" collection.

## ...as a tablecloth

Bring the picnic indoors: Drape a machine-washable coverlet over a table to add homespun charm to a brunch or casual dinner. A table that seats six calls for a queen-sized quilt (like the Antique Postage Stamp Quilt from L.L. Bean, *left*). Stick to a design with a small pattern and simple tableware (think white plates, napkins in a pale color) so that the quilt can be the star.

## ...as a shower curtain

Rig up a homemade version using curtain rings with clips and a pretty bedcover (like Pottery Barn's Lucca Patchwork Quilt, *below*). First, test to be sure the rod can support the weight of the quilt (some lightweight shower curtain rods can't, depending on how they're mounted). String the rings on your rod, then clip them onto the hem every 3 inches or so (you may need to fold over the top hem just slightly so that the bottom doesn't drag on the floor). Because mold and mildew breed in bathrooms, you'll need to use a waterproof shower curtain liner and take down the quilt periodically to launder it.

## want to hang it?

Hung on a wall, a quilt can be an unexpected stand-in for a headboard or a piece of art. The trick is to distribute the weight of the quilt evenly across its width so that the material doesn't stretch out or pull at the seams. One solution: Sew a strip of hook-and-loop fabric, like Velcro, along one hem and staple-gun the corresponding strip to a slat of wood mounted on your wall (find detailed directions at **textilemuseum.org**; click on "Care & Display" at the bottom).

THIS PAGE: TOWEL, THE COMPANY STORE. BATHROOM FLOORING, SHAW FLOORS. OPPOSITE PAGE: QUILT, WENDY BENNETT. SIDEBOARD, BRASWELL GALLERIES.



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## ...as a table skirt

What's behind the curtain? Thanks to this clutter concealer, no one will ever know. To make it, measure the height of your table and cut the quilt lengthwise to that measurement. Then fold it in half widthwise and cut it in two along the fold. Place the bound edges in the center front and at the bottom (as in photo); starting at the front and working toward the sides, staple-gun the raw edge of each piece every few inches to the top edge of the table. Cut off any excess fabric at the back. Finish by gluing on 2-inch-wide grosgrain ribbon to hide the staples and the raw edge.

## ...as a seat cushion cover

Reupholstering can be pricey, but by salvaging a scrap of a quilt and doing the job yourself, you—and your wallet—will be sitting pretty. Remove the chair's existing cushion, center the fabric on it and flip it over. Staple-gun the fabric about an inch from the underside edge, every 2 inches or so, starting with the center of each side and smoothing and tightening the fabric as you work toward the corners. Take care with the corners, folding as needed to create streamlined edges. Trim the excess fabric. **wd**

## handle with care

Show your quilt some TLC and, with luck, you can pass it down to your grandkids and *their* grandkids.

**KEEP IT IN THE DARK** You don't have to sequester your quilt in the basement, but you should keep it out of direct sunlight and intense artificial lighting to prevent fading.

**DON'T CROSS-CONTAMINATE** Antique finds can be infested with bugs and mold. To protect a collection, quarantine a new quilt in an airtight bag for 6 months before checking it for insect droppings or holes. Another option: Put it in an airtight bag and freeze for a week.

**CLEAN CAREFULLY** To preserve a delicate design, it's best to vacuum it. But before you do, inspect the fabric—if it shows signs of seam breakage, brittleness or browning, send it to a professional. If it seems sturdy enough, try this gentle method from Esther Méthé, chief conservator at the Textile Museum in Washington, DC: Place a fiberglass screen (like that used in windows) over the quilt and run the vacuum's dusting attachment carefully over the screen. Newer pieces can be cared for simply by following the instructions on the tag.

**STORE IT PROPERLY** Fold the quilt, packing tissue paper at the creases to prevent wrinkling, then cover in a cotton sheet. Store in an acid-free box or polypropylene bin (from a home store) in a cool, low-humidity area, like a ground-level closet, says Patsy Orlofsky, director of the Textile Conservation Workshop in South Salem, New York.

**CONSULT A PRO BEFORE RESTORING** Don't take a chance trying to fix a valuable quilt yourself. Find a licensed conservator at **conservation-us.org**; she'll need to know the size, approximate age and intended use of your damaged piece to give you a price estimate.

**REPLACE DAMAGED FABRIC** If your quilt has more sentimental than monetary value, patch it with a similar piece (check your fabric store for scraps or eBay for vintage remnants). To preserve the existing fabric, try sewing a piece of bridal veil netting (at fabric stores) over the top of it to prevent further fraying.

*Clara Haneberg*

QUILT, BRASWELL GALLERIES. CARPET TILES, FLOR.



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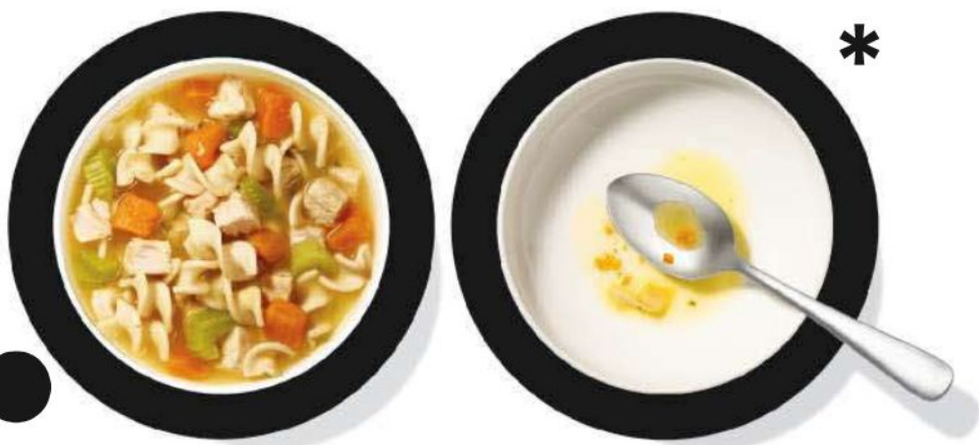

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# be well

## GRAB A LEASH— AND YOUR SNEAKERS

There's nothing like a barking dog to get you off the sofa, but to reap real health benefits, make sure Sparky isn't the only one headed outside. Research shows that those who walk their furry friends are 42 percent less likely to be overweight or obese and almost half as likely to have high blood pressure as those who don't. So get moving: Thirty minutes of moderate walking can burn 125 calories or more, which can add up to a pound lost each month! Want to track your progress? Visit **walkjogrun.net** to chart the distance you cover and calculate the calories you burn.

CORBIS

## [FIX IT!] super squats

"The squat is the single most effective move for the entire lower body," says Bill Trimble, a certified personal trainer based in New Jersey. When you do it right, the squat shapes and tones glutes, hips, thighs, calves and hamstrings.

**wrong:** Many people stand with their feet too far apart and let their knees go past their toes when they squat, which can injure knee ligaments, cartilage and tendons. Leaning too far forward also places a lot of stress on the lower back.

**right:** Your feet should be shoulder-width apart with your toes facing straight ahead. Push hips back and squat as if you're bending down to sit in a chair. Extending your arms out in front of you can help with balance.

### RA on the rise

Cases of women with rheumatoid arthritis—an inflammatory disease that affects joints—increased 2.5 percent per year between 1995 and 2007. Experts aren't sure why, but think that lifestyle factors such as vitamin D deficiency may play a role. Learn more about the different types of arthritis at *arthritis.org*.

## HEALTHY WAYS TO HELP OUT

**Yes, giving back is good for you (studies show that volunteering can boost your mood as well as increase longevity), and with these unique opportunities you can help others get healthy, too. Win-win!**

- **Give a cancer patient a ride** to treatment through the American Cancer Society's Road to Recovery program. Call 800-ACS-2345 to find out if drivers are needed in your area.
- **Inspire girls to get moving** with Girls on the Run, a nonprofit after-school program for girls ages 8 to 13 that combines running with self-esteem building. Coach a team, serve as a buddy at a 5K event or help with fundraising. Find your local chapter at **girlsontherun.org**.
- **Raise awareness of Alzheimer's** Work the support helpline, organize public education campaigns or donate your skills in other ways to your local Alzheimer's Association chapter (go to **alz.org**).
- **Protect women's hearts** Raise awareness of women's heart disease by creating your own Go Red for Women fundraiser (host a small party in your home or simply start an email campaign). Go to **goredforwomen.org/getothersinvolved** and click on the "Go Red Girlfriends Fundraising Tool."
- **Support the disabled** Achilles International helps the disabled experience the fun and satisfaction of athletic competition. Volunteers run alongside members during races and workouts or simply help out at events. To join a group in your area, visit **achillesinternational.org**.



TOP: KEITH LATHROP; HAIR & MAKEUP BY BELINDA ZOLLO AT KATE RYAN FOR BOBBI BROWN AND BUMBLE & BUMBLE. BOTTOM: SHUTTERSTOCK.

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## [I DID IT] "I LOST 50 POUNDS!"

**"In early 2009,** my best friend asked me to be a bridesmaid in her wedding in Aruba and I decided that I would not be the fat bridesmaid on the beach. I walked into a local gym and asked for a personal trainer who would 'kick my butt.' And that's what I got: I worked out with Joel twice a week and in addition did the elliptical or walked on the treadmill on my own. After a few months, I took up running. I also started eating more fruits, vegetables and lean protein instead of red meat and dairy, and I created a blog (**LosingWeightintheCity.com**) to keep myself accountable and get support from others.

I ended up losing a total of 35 pounds in time for the wedding. When I put on the bridesmaid dress, I was so proud of myself. Since then, I've lost 15 more pounds, completed two half-marathons and am training for my first full marathon!"

*Theodora Blanchfield, 27, New York City*

## stay sharp with WD

Jog your brain and see if you can find all of the different fitness activities and items in this word search. Once you're done searching, check **womansday.com/answers** or the back of the next issue to see if you located them all.

aerobics
bicycles
elliptical
hiking
Jazzercise
jogging
jump rope
kung fu
marathon
pedometer
race
sidestep
skating
skiing
skipping
soccer
speedwalking
Spinning
stairs
swimming
tai chi
tennis
treadmill

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Puzzle courtesy of Kappa Publishing (*kappapublishing.com*)

## go nuts!

They're heart-healthy (eating a small handful daily may improve your cholesterol), but that's not all these little guys can do. Our favorites and their benefits:

- **Almonds** Just ¼ cup has almost as much calcium as ¼ cup of milk, so they may lower osteoporosis risk. *Tasty tip:* Mix almond slivers into oatmeal for crunch and flavor.
- **Pistachios** They've got about 310 mg of potassium (crucial for nerve control and muscle function) per ounce. That's more than what's in half a large banana. *Tasty tip:* Chop and sprinkle on ice cream.
- **Walnuts** They're a powerhouse of omega-3s (¼ cup has 91 percent of the daily value), and may boost brain function and lower risk of inflammatory diseases like arthritis and psoriasis. *Tasty tip:* Add to salad for a healthy crunch.
- **Soy nuts** Although not technically a nut, these roasted soybeans have a similar salty crunch and good-for-you qualities. "They're rich in isoflavones, plant-based compounds that may help protect your bones and heart," says Bonnie Taub-Dix, RD, author of *Read It Before You Eat It.* *Tasty tip:* Toss into your homemade trail mix.

BOTTOM: SHUTTERSTOCK

For the solution to the October 1 puzzle, see page 159.

For moderate to severe RA

# I HAVE RHEUMATOID ARTHRITIS.

Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

## IMPORTANT SAFETY INFORMATION

**What is the most important information I should know about ENBREL?**

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

**Before starting ENBREL, tell your doctor if you:**

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor

**www.enbrel.com**

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# I ALSO HAVE A LIFE.

## If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit Enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have or have had hepatitis B
- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

**What are the possible side effects of ENBREL?** ENBREL can cause serious side effects including: **Infections,** including serious infections like TB**; hepatitis B** can become active if you already have had it**; nervous system problems,** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

**Common side effects include:** Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.

Enbrel® etanercept

Get closer to the life you want to live

Enbrel®
etanercept

# Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

## What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

### 1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

### 2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

## Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

**Infections – tell your doctor if you:**

- have an infection. (See **"What is the most important information I should know about Enbrel?"**)
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

**Also, BEFORE starting Enbrel, tell your doctor:**

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
  - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

**Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:**

- have or had a nervous system problem such as multiple sclerosis.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
  - ✓ all vaccines should be brought up-to-date before starting Enbrel.
  - ✓ people taking Enbrel should not receive live vaccines.
  - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

**See the section "What are the possible side effects of Enbrel?" below for more information.**

## What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about Enbrel?"** and **"What are the possible side effects of Enbrel?"**

## Who should not use Enbrel?

**Do not use Enbrel if you:**

- have an infection that has spread through your body (sepsis).

## How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

## What are the possible side effects of Enbrel?

**Enbrel can cause serious side effects, including:**

**See "What is the most important information I should know about Enbrel?"**

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting Enbrel, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.
- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
  - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

**Common side effects of Enbrel include:**

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

## How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

## General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

## What are the ingredients in Enbrel?

**Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:**

**Active Ingredient:** etanercept

**Inactive Ingredients:** sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

**Multiple-use Vial:**

**Active Ingredient:** etanercept

**Inactive Ingredients:** mannitol, sucrose, tromethamine

v4

Issue Date: 06/2010

This Medication Guide has been approved by the US Food and Drug Administration.

AMGEN®
Manufactured by Immunex Corporation
Thousand Oaks, CA 91320

Pfizer
Marketed by
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# "Now, I'm able to look in the mirror and smile."

**Jackie lost 100 lbs**

*Results will vary.*

Before

"As a mother of four, I gained a lot of weight during my pregnancies. I started to isolate myself from people who knew me when I was thin. The Medifast success stories motivated me and made me want to be on that side. I lost 19 lbs in the first month, and it just kept falling off! Now, I'm able to look in the mirror and smile. Medifast truly motivated me!"

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**Medifast®**

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# the great vitamin debate

**Do most kids really need a multivitamin?** The American Academy of Pediatrics (AAP) doesn't have an official policy, but most experts say no. "Children who are eating healthy diets and growing appropriately don't need them," says Jatinder Bhatia, MD, chairman of the AAP Committee on Nutrition. However, the AAP says that if your child drinks fewer than 4 cups of vitamin D–fortified milk or formula daily, he needs a vitamin D supplement of 400 IU. (Just don't give D *and* a multi or you could end up overdosing.)

Pick veggies over multivitamins whenever possible.

Most nutritionists agree that they'd rather kids get their nutrients from food. If you've got a picky eater, discuss your child's diet with a nutritionist or your pediatrician, then decide about supplements, says Tara Harwood, RD, a pediatric dietitian at the Cleveland Clinic. If you do opt for a multi, make sure the bottle is labeled "complete," which means it has the full spectrum of necessary vitamins and minerals.

If you're considering any other supplements, be wary. Most kids don't need them, and giving them without a doctor's supervision could be dangerous. For example, a fish oil supplement could be contaminated with mercury, says Harwood.

# the dangers of decorative contacts

**Skip the creepy peepers when it comes to your teen's Halloween costume this year. Popping in golden contact lenses to enhance a vampire costume or red lenses to go with that devil getup may seem like a cool idea, but it can lead to an allergic reaction, swelling, conjunctivitis, cornea damage or even blindness, says Andrea Thau, OD, a spokeswoman for the American Optometric Association. The only safe way to wear any contacts is to get a checkup and prescription from an eye doctor. It's illegal to get them any other way, since the FDA regulates decorative contacts as medical devices. So be sure to steer clear of websites, beauty salons and flea market distributors that sell them.**

## q + a

## My 13-year-old has been breaking out. Do I need to take her to a dermatologist?

Start by seeing how she responds to over-the-counter (OTC) treatments. There are many acne products on the market, and most of them contain either benzoyl peroxide or salicylic acid. For best results I recommend a combination: Twice a day, wash with a medicated cleanser that contains one of these active ingredients, then apply a spot cream or gel that contains the other. If your teen is diligent, she should notice some improvement within six weeks. If not, it's time to see a dermatologist.

The doctor may prescribe a cleanser or cream that contains a higher concentration of the same active ingredients found in OTC products, or a bacteria-killing ingredient such as sulfur. Other options include Retin-A, which unclogs pores; blue light laser therapy, which kills bacteria; oral antibiotics; hormonal treatments, like birth control pills; or isotretinoin, which is generic Accutane (the brand-name product is no longer available and there have been concerns about serious side effects, but the drug is effective for very bad cases).

*Debra Wattenberg, MD, associate clinical professor of dermatology at Mount Sinai Hospital in New York*

FROM TOP: TOOGA/GETTY; GREG DALE/GETTY.



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# KIDS CRAVE. MOMS RAVE.

*Campbell's*® Kids Soups make both kids and moms smile. They're a good source of Vitamin A, with no artificial flavors or preservatives. And the addition of a natural sea salt helps them have a healthy level of sodium. With plenty of the taste kids love, everyone wins!

**It's amazing what soup can do.™** Campbell's®

WOMAN'S DAY SLIMDOWN WITH JOY BAUER

# Your pre-holiday eating plan for avoiding those extra pounds

Halloween marks the beginning of the holiday season—a fun time of year for enjoying friends and family, but also filled with edible booby traps! Candy for trick-or-treaters is everywhere, and pretty soon we'll be seeing Thanksgiving pies and Christmas cookies, too. But that doesn't have to mean you're destined to herald the new year with extra padding. All you need is some coaching on how to handle the temptations.

## halloween

Let's start with Halloween, because it's right around the corner. This holiday may be marketed to kids, but grownups often use it as an excuse to indulge in their favorite sweets. Not a problem if you limit yourself to Halloween night itself, but that can be difficult, since the candy onslaught begins well before the 31st and often lingers for days (sometimes weeks) after.

**You can survive the caloric nightmare with these three simple guidelines:**

- Buy the bare minimum of candy you think you'll need for trick-or-treaters.
- Don't open the bags until October 31.

*(Please turn to 92)*

JIM BASTARDO; HAIR & MAKEUP BY BIRGITTE PHILIPPIDES FOR SALLY HARLOR.



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# Vegetable and fruit juice plus green tea. Just call me the total package.

*V8 V-Fusion®+Tea* beverage gives you one combined serving† of vegetables and fruit. Plus all the natural goodness of green tea and powerful antioxidants. What a refreshing idea.

†8oz. = 1/4 cup of vegetables + 1/4 cup of fruit

Find us in the juice aisle.

V8 WHAT'S YOUR NUMBER?™

● Give away the leftovers the day after Halloween.

If you really don't want to part with all the extra candy you bought for the trick-or-treaters, allow yourself (and your kids) to keep eight to 10 favorite snack bars or mini bags, and portion them out—one or two per day—as long as they last. For your kids, they make perfect portion-controlled lunchbox or after-dinner treats. For you, one fun-size bar can be substituted for your usual afternoon snack, or you can enjoy 150 calories' worth of Halloween goodies as your "Everyday Extra" (if you're following our Slimdown diet and you've reached Step 3. Visit **womansday.com/slimdown** for more information).

## thanksgiving, christmas and beyond

As for the rest of the holiday season, my tried-and-true "Food Rules" will help you maintain a steady weight despite all the caloric temptations at parties and dinners. Start following them as soon as possible.

**Don't skip meals.** When you allow yourself to get too hungry, you run the risk of eating more (unhealthy) food later and wasting calories on fattening treats you didn't really want to eat in the first place. Instead, eat on a schedule, and enjoy three meals and one or two 100- to 150-calorie snacks every day.

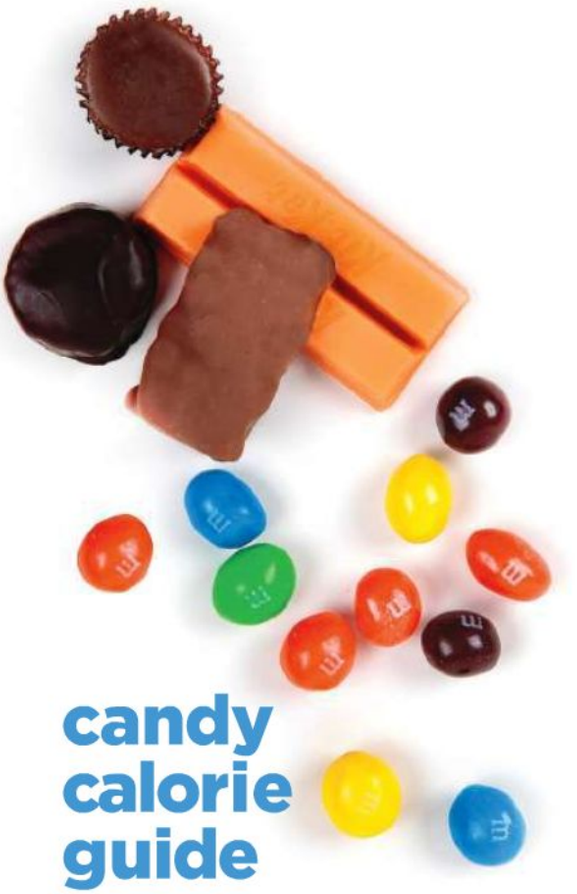
**Bank your calories.** Whether it's a holiday party, Thanksgiving or Christmas, if dinner is going to be a feast or you'll be grazing on hors d'oeuvres, save on calories throughout the day by choosing a breakfast, lunch and snacks that are heavy on lean protein (chicken, fish, turkey) and veggies, and light on fat, sugar and starch. Protein and fiber are the most filling nutrients around, so even though you'll be eating fewer calories, you'll still feel satisfied.

**Drink lots of water**—including two glasses before lunch and two glasses before dinner. Mild dehydration mimics the sensation of hunger, and drinking water prior to a meal starts to fill you up before you take your first bite of food so you'll eat less.

**Eat plenty of "Unlimited Foods" throughout the day.** These foods contain few or no calories, which is why you can eat as much as you want of them. (See the list on page 98.) Make sure you have a variety on hand at all times. This will prevent you from reaching for something less healthy when hunger strikes. Snacking on these foods will also keep you from feeling deprived while you're saving on calories for a party that night. *(Please turn to 98)*

## AN IDEAL PRE-PARTY DAY OF EATING

- **Breakfast:** Egg-white omelet (4 or 5 egg whites) stuffed with tomatoes, peppers, onions, mushrooms, broccoli or nonstarchy veggies of your choice; an orange or half a grapefruit
- **Lunch:** Large tossed salad with unlimited nonstarchy vegetables (carrots, tomatoes, broccoli, cauliflower, mushrooms, celery, etc.) topped with 5 to 6 oz chicken or turkey breast or shrimp, and tossed with 2 Tbsp light salad dressing
- **Snack:** 1 apple (or orange) and a part-skim string cheese



## candy calorie guide

**My top picks. These are all 100 calories or fewer.**

**Almond Joy**
snack-size bar
(17 g)
80 calories

**Baby Ruth**
fun-size bar
(18 g)
83 calories

**Butterfinger**
fun-size bar
(18 g)
85 calories

**Kit Kat**
miniature bar
(10 g)
42 calories

**M&M's, milk chocolate**
fun-size packet
(13 g)
60 calories

**M&M's, peanut**
fun-size packet
(13 g)
70 calories

**Milky Way**
fun-size bar
(17 g)
80 calories

**Mounds**
snack-size bar
(17 g)
80 calories

**Reese's Peanut Butter Cup**
miniature
(7 g)
36 calories

**Skittles**
fun-size packet
(15 g)
60 calories

**Snickers**
fun-size bar
(15 g)
71 calories

**3 Musketeers**
fun-size bar
(15 g)
63 calories

**Twix**
fun-size bar
(16 g)
80 calories

**Twizzlers strawberry,**
3 twists
(29 g)
100 calories

LEN LAGRUA



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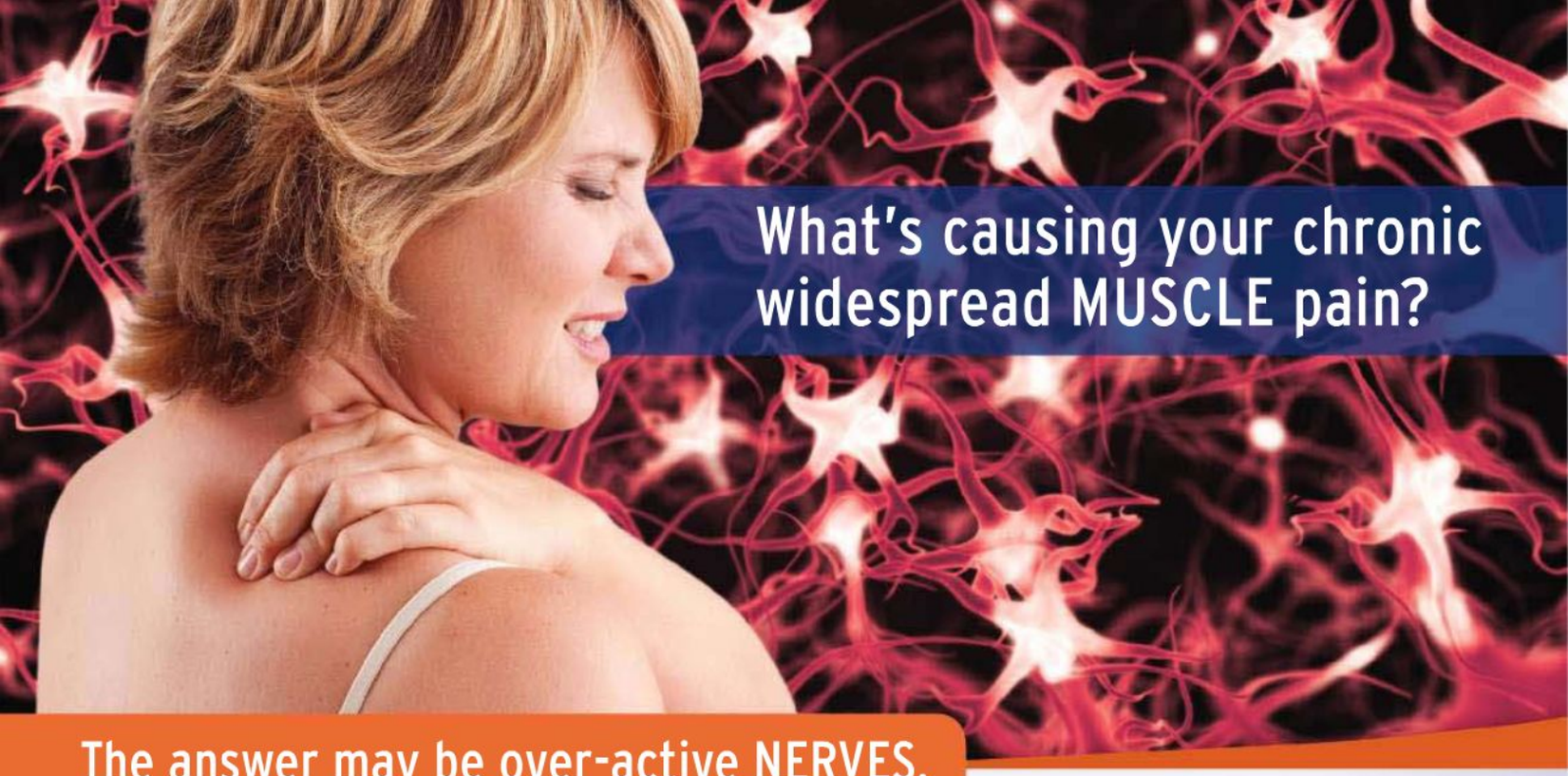
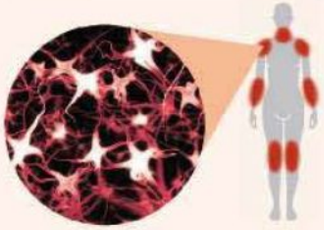


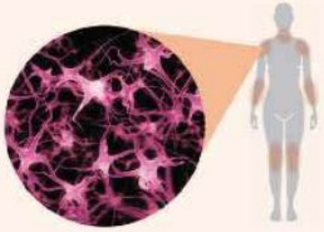
# What's causing your chronic widespread MUSCLE pain?

## The answer may be over-active NERVES.

**FIBROMYALGIA** is chronic widespread muscle pain **thought to be caused by over-active nerves.**



**LYRICA** is **believed to calm these nerves.** It's not an anti-depressant.



*Artist depiction*

## LYRICA® (pregabalin) Ⓒ can provide significant relief from Fibromyalgia pain.

In some patients, it works in as early as the first week of treatment. Have the Lyrica conversation with your doctor today. **Visit www.lyrica.com or call 1-888-5-LYRICA.**

LYRICA® PREGABALIN Ⓒ capsules

## RELIEF can start here.

**Prescription Lyrica is not for everyone.** Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

*Please see Important Facts Brief Summary on adjacent page.*

**To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).**

***You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.***

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# IMPORTANT FACTS

LYRICA PREGABALIN © capsules (LEER-i-kah)

## IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet. This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness. Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

## ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

## BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

## BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

## POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

## HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

## NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

Pfizer helpful answers

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Woman's Day

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**Simply circle the numbers on the coupon that correspond to the travel information you'd like to receive. Circle the state number to receive all literature from that state. All brochures are available through a coupon order. If you wish to call a 1-800 number directly, please mention that your reference was *Woman's Day*. Allow 4-6 weeks for delivery.**

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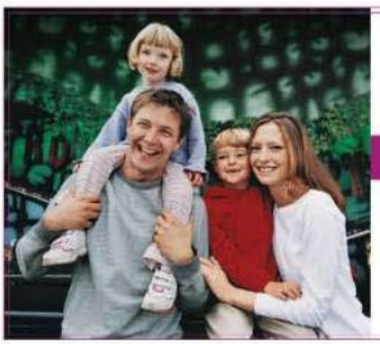

## Fabulous Fall Getaway SWEEPSTAKES

Visit **WomansDay.com/diary** to enter the **"Fabulous Fall Getaway" Sweepstakes** for the chance to **WIN a $1,000 cash card towards your dream vacation!**

To enter, and for rules and more details, go to www.WomansDay.com/diary from September 21, 2010. through October 31, 2010.

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## >>JOIN THE SLIMDOWN!

**We've teamed up with Joy, a *TODAY* show contributor and author of *Slim & Scrumptious*, to create the *Woman's Day* Slimdown diet challenge. Jules Hubert, 49, is already following the plan:**

Jules, an administrative assistant in Northern California, is trying to lose 50 pounds in time for her 50th birthday in January. "I used my weight as an excuse not to do so many things, from not going to my high school prom to not pursuing my writing or seeking a higher education degree. I basically stopped myself from trying anything that would put me outside my comfort zone and draw attention to myself. Now I can't wait to discover what can happen when I stop using my weight to define me."

**>>Hear more from Jules and meet the other Slimdown bloggers at *womansday.com/slimdown.*** You'll also find all four steps of the diet there, so you can reach your own weight-loss goal! After you've gotten all the basics, get extra help at **joybauer.com/womansday**. *Woman's Day* readers who use this link will get two weeks of free additional meal plans, hundreds of slimming recipes and more.

**Make sure you exercise for 30 to 60 minutes five or more days per week.** Exercise goes hand-in-hand with calorie control. It's also a terrific stress buster—which makes it even more crucial now, because holidays can be a trigger for people prone to stress eating. Try to include some interval training, which means alternating faster-paced bouts of activity (like speedwalking) with slower ones. For example, during a 30-minute walk, try weaving in one or two 3-minute bursts of going as fast as you can.

**Have a few not-to-be missed treats.** There's no reason to skip your favorites, whether they be Mom's turkey gravy, your best friend's pecan pie or Aunt Ida's famous deviled eggs. Thoroughly enjoying a holiday includes eating richer fare than you would otherwise, and denying yourself is bound to backfire later. Just eat these goodies only on the holiday itself (if there's more than one item, have a taste of each), then get back on track the next day. No picking at endless leftovers!

**Go easy on the alcohol** Many holiday drinks have as many calories as a rich dessert! If you drink, stick with one glass of wine or champagne, or a bottle of light beer. Limit yourself to one drink per night. **wd**

## unlimited foods

These all have few or no calories. Keep your kitchen stocked with them at all times so you won't overindulge in not-so-healthy foods.

**BEVERAGES, INCLUDING:**

- Seltzer or club soda (with an optional spritz of lemon or lime)
- Coffee (black or with skim, 1% or soy milk)

**NONSTARCHY VEGETABLES, INCLUDING:**

- Artichokes
- Asparagus
- Beans (green, yellow, Italian, wax)
- Broccoli
- Carrots
- Cauliflower
- Celery
- Jicama
- Lettuce and all leafy greens
- Mushrooms
- Peppers (all varieties)
- Radishes
- Snow peas
- Squash (yellow, zucchini)
- Tomatoes
- Water chestnuts

## JOY'S BOTTOM LINE

**Be realistic during the holidays** and build some extra flexibility into your eating. Just make sure you plan your splurges and limit them to a few special days or events, rather than letting holiday eating spill over into every day of the season. For more specifics on what to eat and what to avoid at holiday parties, check out my holiday eating guide, coming in the December issue.

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# you're not getting older... you're getting smarter!

## the good news about your aging brain

by Barbara Strauch

Not long ago I tried—really tried—to get a book for a book club I'm in. I went online and carefully ordered *The Alchemist* by Paulo Coelho. About a week later, I had a free moment at work and I thought, *Oh, I should order that book club book.* I went online and carefully typed in an order for *The Alchemist*—again.

Then a few days later, jogging in the park, a faint bell went off in my head and I thought, *I think I ordered the wrong book.* At home, I checked my email and, sure enough, we were supposed to read *The Archivist* by Martha Cooley.

I'd ordered the wrong book—twice.

That wasn't the end of it. Later that week, I was talking with a fellow book club member, a neurologist, who, after hearing my embarrassing story, started to laugh. It turns out that she'd gone to the library to get the book club book and had just as carefully come home with a copy of *The Alienist* by Caleb Carr.

So there you go. Two middle-aged brains, three wrong books.

And of course it doesn't stop there. One recent morning, I went down to the basement to get something. But by the time I got there, I had no idea what it was. Lightbulbs? Serving platter? All I could do was go back upstairs and try to figure it out. There it was, the empty paper towel rack. And so, with my 58-year-old brain in tow, I went downstairs again, saying over and over: "Paper towels, paper towels, paper towels…"

Ahh…it can get bad out there. And *(Please turn to 104)*

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Your child could be

# oneless

person affected by HPV disease.

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### Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

**GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.**

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

**IMPORTANT SAFETY INFORMATION**

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®

**[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]**

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# USPPI
# Patient Information about GARDASIL® (pronounced "gard-Ah-sill")
# Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

**What is GARDASIL?**
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):
- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

**What important information about GARDASIL should I know?**
- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

**Who should not get GARDASIL?**
You should not get GARDASIL if you have, or have had:
- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

**What should I tell my health care provider before getting GARDASIL?**
Tell your health care provider if you:
- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

**How is GARDASIL given?**
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:
- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

**Can other vaccines and medications be given at the same time as GARDASIL?**
GARDASIL can be given at the same time as RECOMBIVAX HB®[1] [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

**What are the possible side effects of GARDASIL?**
The most common side effects with GARDASIL are:
- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:
- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:
- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

**What are the ingredients in GARDASIL?**
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

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## OLDER...SMARTER

CONTINUED scary. We all know we're going to get older and possibly become sick. But what we really worry about is losing our mind. Will we fumble our words or forget to tie our shoes? Are our brains on an inevitable downward slide? It seemed as I reached middle age that this was the case. I could almost accept it, but I wanted to find out *why*.

Several years ago, I wrote a book on the teenage brain and found that new technology had given us a fresh view on what was happening to the brain in adolescence. So I began to wonder, what is science finding out about our middle-aged brains?

Over the years, we've been trained to think that the body and the brain age in tandem. Certain changes are undeniable. Despite the regular runs, the laps at the YMCA pool, the yoga, I'm 20 pounds heavier than I ever was before. I need glasses that correct for three different distances. My face has distinct lines, and my hair, without help, is an undistinguished brownish gray.

We assume that there's equivalent decay inside our heads, but as I started doing some digging, I learned that there's another story to tell—one that's quite the opposite of what I'd expected. It turns out that our middle-aged brains are surprisingly competent and talented. That's welcome news for someone like me; at least one body part is doing better than I thought.

Over the past few years, in fact, researchers have found out a great deal about what happens at middle age, which they usually define as somewhere between 40 and 68. Clearly, there are some glitches. Remembering names gets harder and brain-processing speed slows down, making it harder to, say, learn to play the piano or focus on one task without getting distracted. But in many ways the brain is actually at its peak, and it stays there longer than any of us ever dared to hope.

Here are just a few of the things that have recently been discovered about what happens as we age.

### we get smarter

When it comes to most areas of cognitive performance, we're at the top of our game in midlife, not in our 20s as many had thought. One of the most respected long-term studies, the Seattle Longitudinal Study, has found that most people are better at reasoning—which involves problem-solving and vocabulary skills—from ages 40 to 60 than they were in their 20s. So while we may be having trouble recalling the names of acquaintances, we're surprisingly better at memorizing lists of words, getting the gist of arguments, making judgments of character and even juggling finances.

We're also getting better at solving problems. Through the years, our brains have built up interwoven layers of knowledge that allow us to instantly recognize similarities and see solutions. One friend, a doctor in her mid-50s, says that when she gets into a hospital room now she can immediately size up the situation, which means she can often figure out what to do more quickly and easily.

And perhaps best of all, scientists are finding that this is not your mother's middle age: Each generation is smarter in middle age than its parents were.

### we're happier

We have all been conditioned to dread a time of midlife crises and empty nests. But there is no evidence for such widespread angst. Those who *are* in crisis, the studies show, have tended to have crises throughout their lives—meaning they didn't all of a sudden crop up in middle age. Most of us are instead becoming more content. In part this



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is because our brains start reacting less to the negative and shifting to focus more on the positive. Perhaps we realize, on some subconscious level, that we have less time left. But we also have accumulated enough information over the years to help us put our energy into what might work when faced with a problem, rather than harp on what might not.

Several studies have confirmed that middle age is a pretty happy time. One recent large study from the University of California at Berkeley found that women's moods and self-esteem—as well as their ability to regulate emotions—improved in midlife, when they became more confident, assertive and responsible. And a 22-year study of 2,000 men by scientists at Fordham University found that life satisfaction actually peaked at age 65 regardless of health, marital or financial status.

**we can prevent the loss of brain cells, and even generate new ones**

For years, scientists thought our brains lost up to 30 percent of their neurons as we got older. Now research shows that we keep most of our brain cells for as long as we live. Exercise helps, by pumping blood through our brain's blood vessels and prompting the creation of new brain cells, even at older ages. Research from the University of Illinois at Urbana-Champaign has found that middle-aged people who did regular stints of aerobic exercise—such as brisk walking—had increased volume in key brain areas and were better at a wide range of complex cognitive tasks, such as focusing and ignoring irrelevant information.

And while it's true that we can lose the important connections between brain cells if they are unused, the flip side is also true: We can nourish these connections and help foster new ones by pushing our brains to keep working hard. One long-time researcher at Columbia University says that if we want our grownup brains to stretch, we have to present them with a "disorienting dilemma," something that pushes us out of our comfort zone. This can include learning to play the cello, tackling challenging Sudoku puzzles, or even confronting ideas and people who disagree with us. By reading a book with a different political point of view, for example, we challenge the assumptions that have built up in our brains over time (even if we don't change our minds). The result is that we end up with a more nuanced view of the world—something our middle-aged brains both crave and excel at.

Since delving into all this research, I have gained a new respect for the talents of my grownup brain. My physical body may be a little creakier than it used to be, but that's OK. Knees come and go—we can even have them replaced—but we hang on to our brains. And those brains have built up rich connections that make us smarter, wiser and happier than we were when we were younger. They let us, in an instant, make sound judgments: good choice, bad choice, friend or foe?

One friend of mine, a woman in her mid-50s who has been an editor for years and recently had to deal with her mother's long illness, her daughter's unhappiness at college and her husband's brush with a serious disease, said that even though she often feels stressed-out, she also feels quite competent.

Some days, she told me, she finds herself putting bananas in the laundry basket, but at the same time, she said, "I feel like there's not one problem, professional or personal, that I could not manage." I couldn't agree more. **wd**

*Based on* The Secret Life of the Grown-Up Brain *by Barbara Strauch*


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THE COMPLETE GUIDE TO

# your breasts

## Everything you want to know—
## from what changes are normal to the latest on cancer screenings

by Alyssa Shaffer Your breasts go through their ups (especially in a little strapless number) and downs (the inevitable pull of gravity), and a whole lot in between. But how much do you really know about them? If you're like many women, you may only pay attention at your annual doctor's visit, or if you're experiencing some pain or discomfort. Yet being aware of changes in your breasts is important to your health in a number of ways—and not just for reducing your risk of cancer.

"Your breasts naturally change over the course of your lifetime, depending on shifting hormonal levels, premenstrual changes, the demands of pregnancy and breastfeeding, and eventually menopause," explains Cynara Coomer, MD, chief of breast surgery at Staten Island University Hospital and an assistant clinical professor of surgery at Mount Sinai School of Medicine in New York. "Knowing what your breasts usually feel and look like and being aware of changes at each stage can help you figure out what's normal and what might indicate that there's something else going on."



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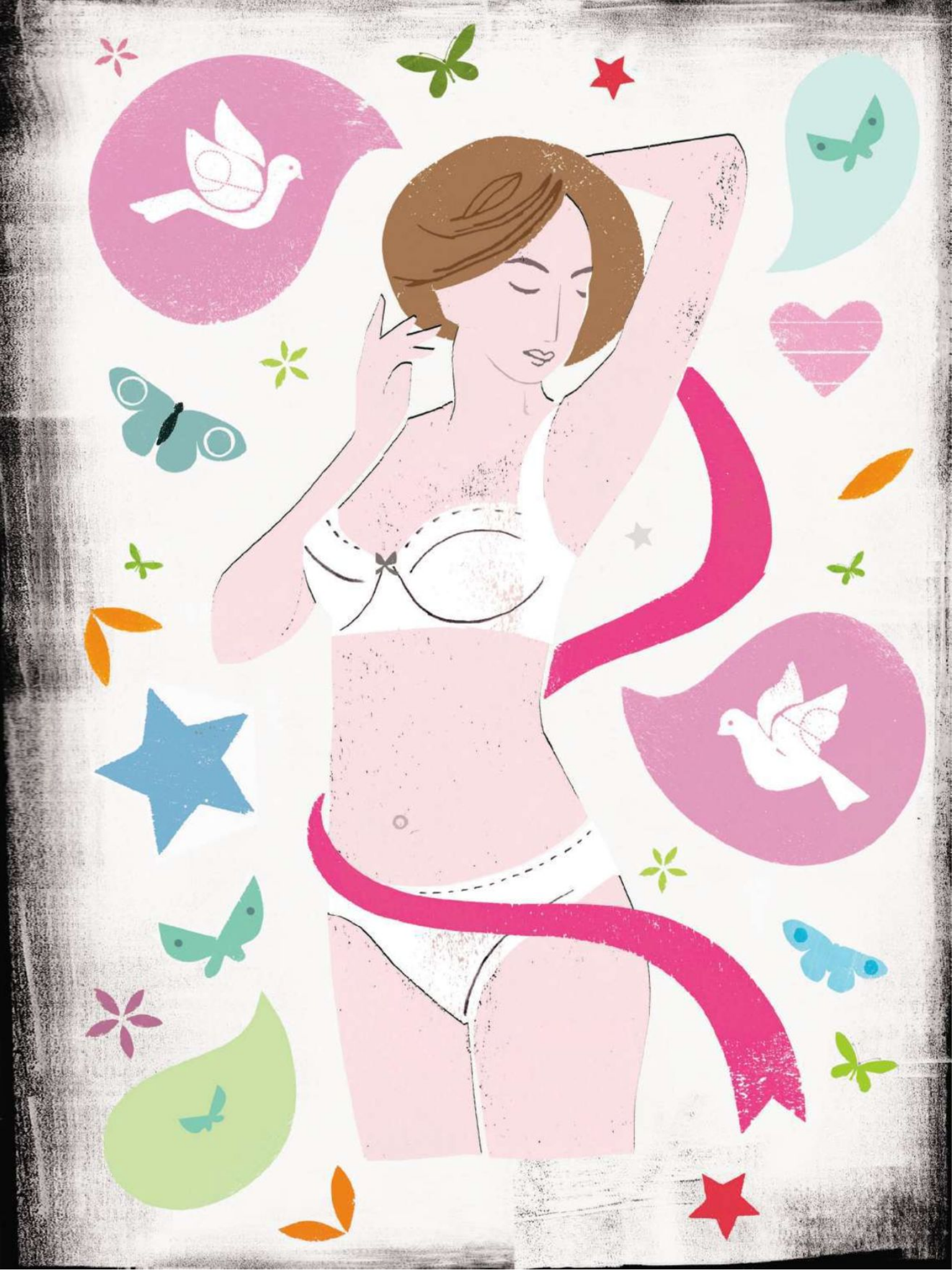

# is it normal...

## ...to have breast pain?

It's fairly normal when it happens around and during your period, occurs in both breasts, and comes and goes. That's especially true if you have fibrocystic breasts, which means that your breast tissue is lumpy and prone to swelling. Caffeine can make also breasts feel lumpier and more painful, so try cutting out (or back on) coffee, tea and cola.

To help ease the discomfort, ask your doctor about taking a daily combination of vitamin $B_6$ (100–200 mg), vitamin E (200–400 IU) and evening primrose oil (1,000 IU). The $B_6$ likely works as a diuretic and may help reduce levels of the hormone prolactin (which stimulates the breast to produce milk), while evening primrose is rich in gamma linolenic acid, which can often ease painful symptoms, explains Mary Jane Minkin, MD, a clinical professor of obstetrics and gynecology at Yale School of Medicine. Less is known about the effect of vitamin E, but the overall combination seems to get results. "At least 60 percent of my patients with fibrocystic breasts who try this feel substantially better," Dr. Minkin notes.

If the pain is persistent and doesn't go away after your period, talk to your doctor. There's a small chance of an infection or even a tumor.

## ...for my breasts to feel very sensitive?

Breast tissue is hormonally sensitive, which means it's highly responsive to changes that happen during your menstrual cycle, says Paula A. Randolph, MD, an assistant clinical professor of obstetrics and gynecology at New York-Presbyterian Columbia University Medical Center in New York. In the days or week leading up to your period, shifting levels of the hormones estrogen and progesterone create a cascade of changes, including breast swelling and enlargement of the breast ducts and glands. You may also notice that your breasts are more tender and more responsive to sexual stimulation right before you get your period.

These changes aren't anything to worry about, and your breasts should return to "normal" after your period. But if you feel really uncomfortable, try taking an anti-inflammatory such as ibuprofen and ask your doctor for a mild diuretic, which can alleviate some symptoms.

## ...for my breasts to leak?

If you're not breastfeeding, a spontaneous discharge from the nipple can be a sign of trouble. Tumors on the pituitary glands or in the breast itself can cause this type of leakage, or it may be a sign of a polyp (usually benign) in the breast duct, says Dr. Coomer. If you see any signs of discharge, speak to your doctor.

### YOUR BREASTS THROUGHOUT YOUR LIFE

**in your 20s**

- Your breasts are nice and perky, and relatively dense, which means they have more glandular tissue and less fat.
- Dense tissue can make a mammogram hard to read, which is why they're not recommended for younger women.
- You may be sensitive to premenstrual changes, so don't be surprised if you have tenderness or pain around your period.



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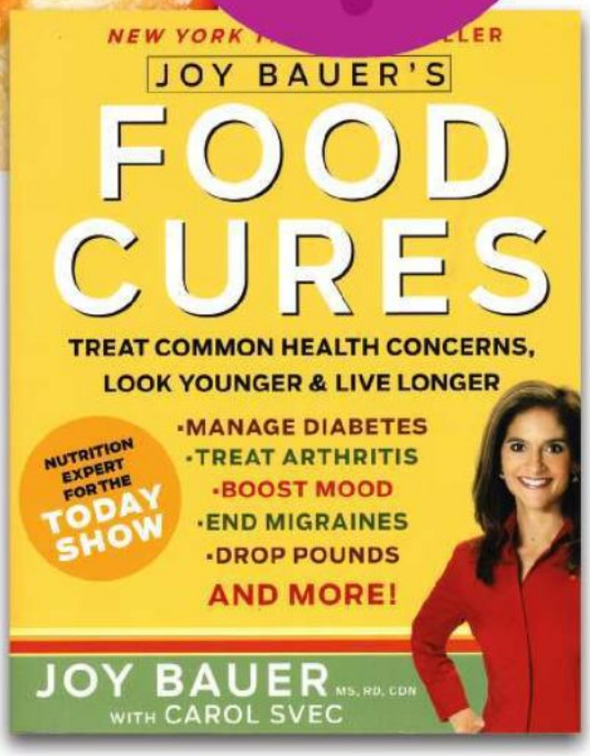


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## ...for one of my breasts to be bigger than the other?

Absolutely. After all, neither your hands nor your feet are exactly the same size. In fact, about half of all women have a significant difference in breast size, says Dr. Coomer. For some unknown reason, the left one is often bigger than the right—sometimes by as much as a full cup size! Placing a pad inside your bra can help even things out. If you experience a relatively new major change (say, one breast is suddenly swollen), call your doctor. It could mean that the milk ducts are inflamed from an infection or perhaps a solid mass or cyst.

## ...to grow hair on my nipples?

Many women have some hair on their nipples and breasts, and the amount and frequency of growth may change based on shifting hormone levels, says Dr. Minkin. The growth may be more pronounced when you're going through puberty, as well as at perimenopause and menopause. You can remove the hair as you would in any other place: with tweezers, waxing or laser treatment. If you're not going through hormonal changes and your periods have also become irregular (significantly longer or shorter or even nonexistent), talk to your doctor about checking your hormone levels. You may have an overproduction of androgen (male) hormones that's caused by a condition called polycystic ovary syndrome (PCOS).

## ...to have an "innie" nipple?

About 5 to 15 percent of women have inverted nipples (the nipple goes into the breast mound, creating a dimple or hollow), and it can take place in one or both breasts. Some women have nipples that are only partly inverted, meaning they don't stick out very far. If you've experienced either of these issues since puberty or your 20s, it's probably not a big deal, especially if your nipple pops out when you stimulate it. However, if you've noticed a sudden change in appearance and the nipple is pulling inward, see your doctor. A cyst or a mass, benign or otherwise, could be to blame.

## ...for my nipples to change color?

The nipple and the surrounding skin, called the areola, can range from pale pink to dark brown, says Dr. Coomer. Changing hormone levels, whether from your menstrual cycle, certain medications or even aging, can change pigmentation. That's especially true during pregnancy, when the skin thickens and develops an oily layer to make it easier for the baby to latch on to.

If you're not going through any kind of hormonal shift and your nipples change color, talk to your doctor, especially if they're also itchy. It could signal another issue, such as an infection or possibly cancer.

## in your 30s

- During pregnancy, your breasts may feel lumpy as the glands that produce milk increase in number and size.
- You may start to notice some stretch marks or sagging after you've had a baby.
- Losing 10 or more pounds may also cause sagging. Wear a supportive bra every day—especially when you exercise.



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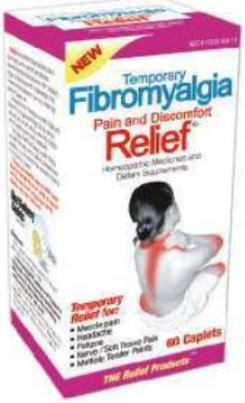


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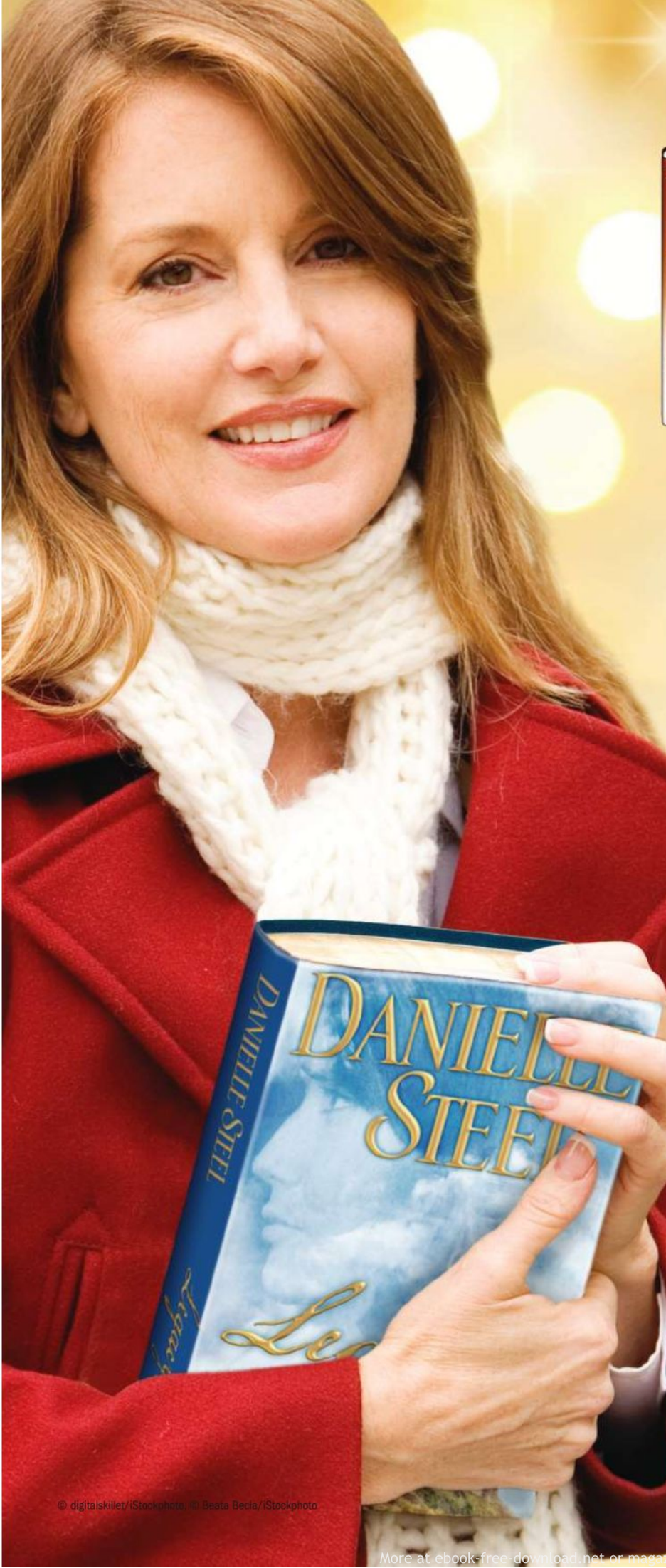


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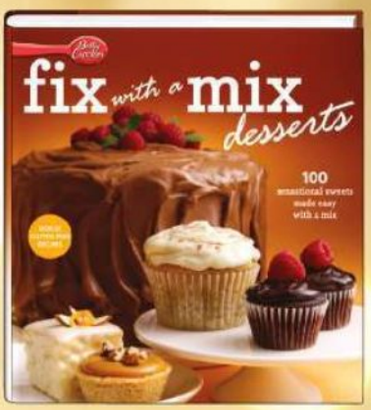


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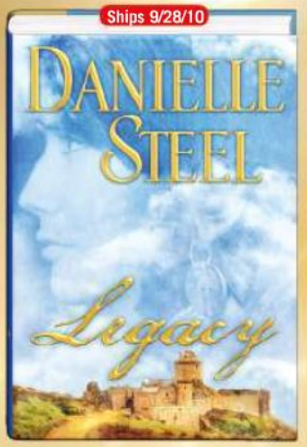


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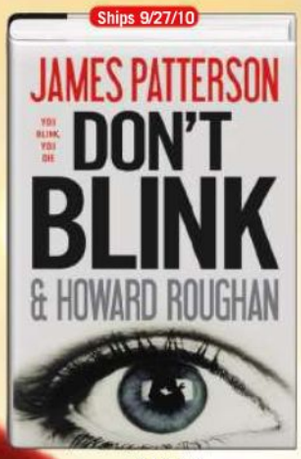


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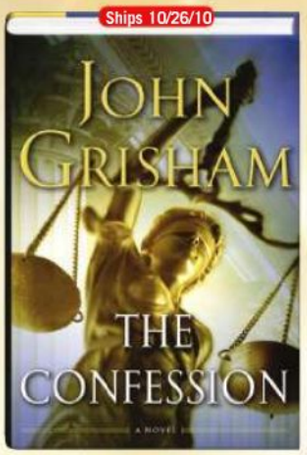


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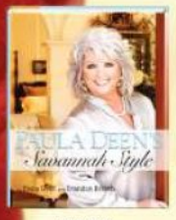


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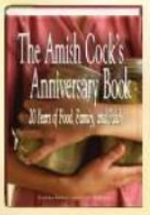


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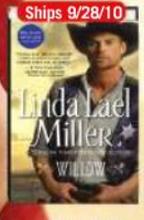


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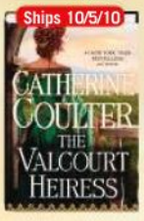


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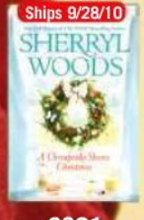


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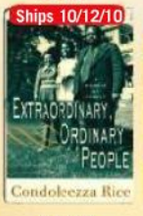


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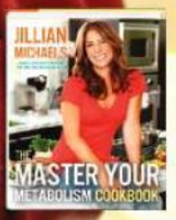


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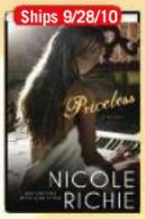


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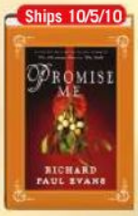


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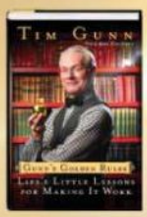

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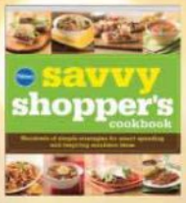

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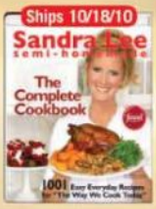

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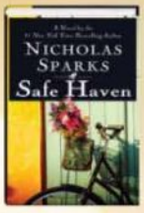

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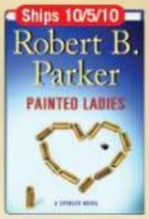

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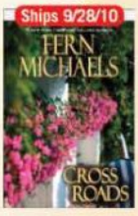

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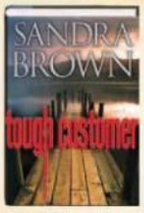

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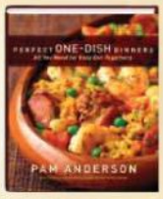

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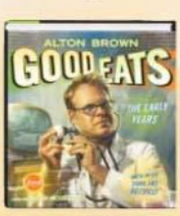

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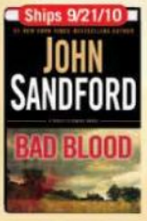

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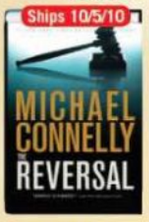

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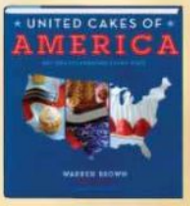

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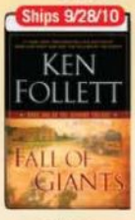

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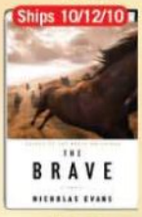

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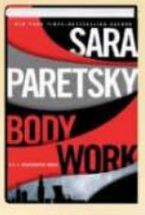

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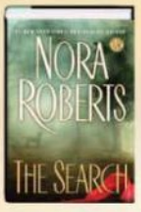

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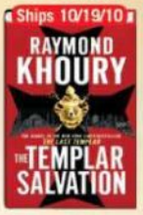

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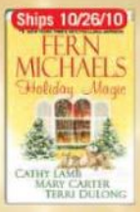

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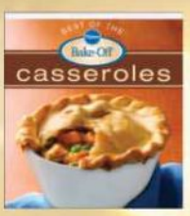

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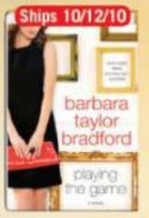

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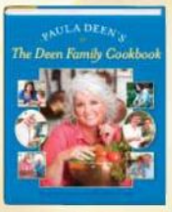

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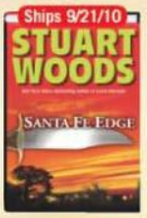

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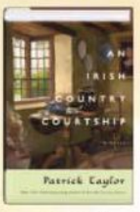

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# how to pick the right bra

A bra that fits well can do more than just help you look good—it can also make you feel healthier. "A bra that's too big, too small or just doesn't fit right can cause back pain, irritate your skin and generally make you feel uncomfortable," says Jené Luciani, author of *The Bra Book*. Follow these buying tips from Luciani to find the perfect bra, no matter what your shape or size.

## measure before you go.

Your bra size can change from year to year, so make sure you're up to date. Changes in weight and hormonal fluctuations (pregnancy, breastfeeding, menopause) can both affect size. Use a flexible cloth measuring tape to measure two areas: directly below your breasts around your rib cage, and around the fullest part of your breasts. The first number determines your band size, the second your cup size—each inch above your band size equals one cup size. So if your band measurement is 32 inches and your cup 35 inches, you'd be a 32C. You can also ask a salesperson at a lingerie or department store to do it for you. But it's a good idea to have some baseline numbers before you go.

## wear a T-shirt when you shop.

This way you'll be able to see what the bra looks like even under the thinnest clothing.

## try it on the right way.

Lean about halfway forward, swoop and scoop your breast tissue into the cups, then fasten the back. Stand up and adjust the straps to ensure that all of your breast tissue is where it should be.

## watch for key fit concerns.

On the no-no list: Boob spillage over the top of the cups (too small). Gaping in the cups (too big). Straps digging into your shoulders or sliding down. Any kind of pinching in the backband, or rolls of skin that bulge beyond the edge. You should be able to comfortably fasten a bra on the second or third hook—if only the last hook will do, it's too small. The bridge of the bra (centered between the cups) and the underwire around the sides should sit completely flush with the skin.

## buy enough to last.

Depending on how often it's washed and worn, the average bra can last from 6 months to a year without getting stretched out. Investing in two or three styles at once means you'll have plenty of choices in the months ahead.

## in your 40s

- Breast tissue starts to move from its primary function of lactation to the "retirement" stage.
- As the milk sacs begin to shrink, changes in the lining of the milk ducts can make you more prone to cysts.
- The denser, more glandular tissue is replaced by fatty tissue, which can change the shape and look of your breasts.



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ADVAIR helps significantly improve lung function. It contains both an anti-inflammatory* and a long-acting bronchodilator that work together to help you breathe better.† Ask your doctor if ADVAIR is right for you.

To get your first full prescription FREE and to save on refills;‡ visit ADVAIR.com or call 1-800-520-4197.

## Important Safety Information

- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits.
- Do not use ADVAIR to treat sudden, severe symptoms of COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms. Do not use ADVAIR DISKUS if you have a severe allergy to milk proteins. Ask your doctor if you are not sure. Do not use ADVAIR with long-acting beta$_2$-agonists for any reason.
- People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.
- ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur.
- Tell your doctor about the medicines you take and about all of your medical conditions. Some people may experience increased blood pressure, heart rate, changes in heart rhythm, or chest pain with ADVAIR.

*It is not known how anti-inflammatories work in COPD. †Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary. ‡Restrictions apply. See advairCOPD.com for eligibility rules.

***Please see accompanying important information about ADVAIR DISKUS.***

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

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GSK for you — If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

**ADVAIR DISKUS® 250/50**
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

# ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder) BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

### *What is the most important information I should know about ADVAIR DISKUS?*

**ADVAIR DISKUS can cause serious side effects, including:**

1. **People with asthma who take long-acting beta$_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
   - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.** You may need different treatment.
   - **Get emergency medical care if:**
     - breathing problems worsen quickly and
     - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

### *What is ADVAIR DISKUS?*

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
  - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

**Asthma**

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who:

- are well controlled with another asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine
- have sudden asthma symptoms.

**COPD**

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

### *Who should not use ADVAIR DISKUS?*

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

### *What should I tell my healthcare provider before using ADVAIR DISKUS?*

**Tell your healthcare provider about all of your health conditions, including if you:**

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby.
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

### *How do I use ADVAIR DISKUS?*

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

### *Call your healthcare provider or get medical care right away if:*

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

### *What are the possible side effects with ADVAIR DISKUS?*

- **ADVAIR DISKUS can cause serious side effects, including:**
- **See "What is the most important information I should know about ADVAIR DISKUS?"**
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

**Common side effects of ADVAIR DISKUS include:**

**Asthma:**

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

**COPD:**

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

**GlaxoSmithKline**
**Research Triangle Park, NC 27709**
ADD:8BRS June 2010

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# breast cancer:
## what you need to know about screening

"It's cancer" are two words no one *ever* wants to hear, but the encouraging fact is that the earlier breast cancer is detected, the better the prognosis. The National Cancer Institute places the five-year survival rate at 100 percent if breast cancer is caught in stage 1. That's why it's so important to get screened regularly—but it seems the more we learn about screening methods, the more questions there are. Our experts explain the latest.

### self-exams

Experts have moved away from offering instruction on how to do monthly self-exams. Now they're more likely to tell women to be more alert to how their breasts look and feel in general so they can detect any changes. "Research has shown that there are no significant benefits to doing monthly self-exams," explains Therese B. Bevers, MD, medical director of the Cancer Prevention Center at M.D. Anderson Cancer Center in Houston. "We don't want to confine women to a specific technique, frequency or time—it's more about your overall awareness." That said, if you want to do self-exams it can't hurt, and it may very well help catch some early tumors that might otherwise spread.

"The official recommendation may be to skip it, but I tell my patients that as long as they're comfortable doing self-exams, it's for their own benefit," says Dr. Minkin. Not sure of your technique? Ask your doc to explain what she's doing at your yearly checkup, when most gynecologists will perform a clinical breast examination.

### mammograms

You've no doubt heard about the recent controversy stirred by the U.S. Preventive Services Task Force: They now recommend that women who are not at high risk for breast cancer start getting mammograms at age 50 instead of 40. But many experts—including the American Cancer Society and the National Comprehensive Cancer Network, an alliance of 21 leading cancer centers—refute that change, saying mammograms should still start at age 40. If you have a strong family history (a first-degree relative, meaning a parent, sibling or child, who has developed breast cancer) or have tested positive for a BRCA1 or BRCA2 gene mutation, experts recommend beginning even sooner, usually 10 years earlier than the youngest family case, but not before age 25.

"You need to balance the risks and benefits, and weigh the severe cost of missing cancer against that of extra mammograms and possible biopsies," says Dr. Bevers. "I strongly believe that if even one fewer woman dies from breast cancer because she went through the screening process, we should be telling our patients to get mammograms earlier, not later." Many facilities now use digital mammography, which can make it easier to spot potential problems on denser breasts. Ask your doctor about your breast density rating (it's on your mammogram report): A BI-RAD (the system used to rate breast

### in your 50s

- As you enter perimenopause and menopause, dropping estrogen levels continue to cause breast tissue to shrink.
- However, some women gain weight around menopause, which can translate into a larger cup size.
- You may notice more lumps and bumps. These are usually benign cysts or nodules in the fatty tissue.



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density) number of 3 to 4 puts you on the high end, which could mean your mammogram is harder to read.

**sonograms** If you're at higher risk or have very dense breasts, your doctor may recommend getting an ultrasound (also called a sonogram) along with your annual mammogram. "There's a chance you'll find something on an ultrasound that you wouldn't see on a mammogram, but it's not nearly as sensitive as getting an MRI," says Dr. Bevers.

**MRIs** Many cancer experts advise high-risk patients (those with a strong family history of cancer or a BRCA mutation) to get an annual MRI spaced 6 months apart from their annual mammogram. "MRIs are highly sensitive and can pick up cancers at a very early stage," says Dr. Bevers. But they also have a high level of false positives, and the process itself (you lie perfectly still in a confining tube-shaped scanner) can be unsettling. Talk to your doctor about which screening method is most suitable for you.

## in your 60s (and beyond)

- After menopause, your breasts become less glandular and more fatty.
- You'll find them much softer, and their shape is probably more teardrop than tangerine.
- Starting at age 75, you may no longer need regular mammograms (check with your doctor).

Promotion

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# 6 musts for every woman to lower her risk of breast cancer

Although you don't have total control over your risk for this disease, the American Institute for Cancer Research says that nearly 40 percent of all breast cancer cases in the U.S. annually could be prevented with lifestyle measures like eating right and exercising. Get started today:

## 1 stay at a healthy weight.

Research shows that postmenopausal women who are obese are 1.5 times as likely to develop breast cancer as their normal-weight counterparts, and are at a significantly higher risk of dying from the disease. Experts estimate that up to 18,000 deaths per year from breast cancer in women over age 50 might be avoided by maintaining a body mass index (BMI) of under 25 throughout adulthood. One potential reason is that fat tissue can produce estrogen. Too much of it raises your estrogen levels, thus increasing your risk of cancer.

## 2 exercise.

There's a benefit to getting a move on, no matter what you weigh. Research from the National Cancer Institute shows that exercising four or more hours a week can decrease estrogen levels and in turn help lower breast cancer risk. Make your workout intense and your risk will decrease by as much as 30 percent. Try taking a brisk 30- to 45-minute walk, bike ride, swim or kickboxing class or doing some other form of aerobic activity five or six days of the week. Do two of those workouts in intervals, increasing the intensity for a few minutes at a time, or pick up the pace for most of the session (jog instead of walk, ride a few miles per hour faster on your bike, etc.).

## 3 limit alcohol.

There's a well-defined link between drinking and breast cancer risk: The more alcohol you consume, the greater the danger. Women who have two to five alcoholic drinks a day have about 1.5 times the cancer risk of those who don't drink any. Limit yourself to no more than one alcoholic beverage a day (typically a 12-oz beer, a 5-oz glass of wine or 1.5 oz of liquor).



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Ford is committed to making a difference in the fight against breast cancer. The company has dedicated more than $105 million to the cause over the past 16 years.

Ford created Warriors in Pink® wear and gear to help raise funds. This year's new items include customizable tees. As always, **100% of the net proceeds goes to Susan G. Komen for the Cure.®** You, too, can make a difference.

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## 4 know your family history.

If your mother, grandmother or maternal aunt developed breast cancer at age 50 or earlier, you may carry the gene mutation BRCA1 or BRCA2, which can place your lifetime risk of breast cancer at 60 percent (and your risk of ovarian cancer at 15 to 40 percent). Talk to your doctor about genetic testing and find out what protective actions you can take.

## 5 eat healthy.

Research shows that a diet rich in fruits, vegetables, fish, olive oil, whole grains and legumes is linked to a reduced risk of breast cancer in postmenopausal women. A recent study also showed that women who carried the BRCA mutation and ate a wide variety of fruits and vegetables had up to a 73 percent lower risk of breast cancer than women with the mutation who didn't eat their veggies.

## 6 check your D levels.

Although some experts say the link between vitamin D and breast cancer is uncertain, a few studies have highlighted a connection. One study found that higher levels of D meant a 50 percent lower risk of breast cancer. Another revealed that women who got a lot of vitamin D from diet, supplements or spending time outdoors were 25 to 45 percent less likely to develop breast cancer than those with lower levels.



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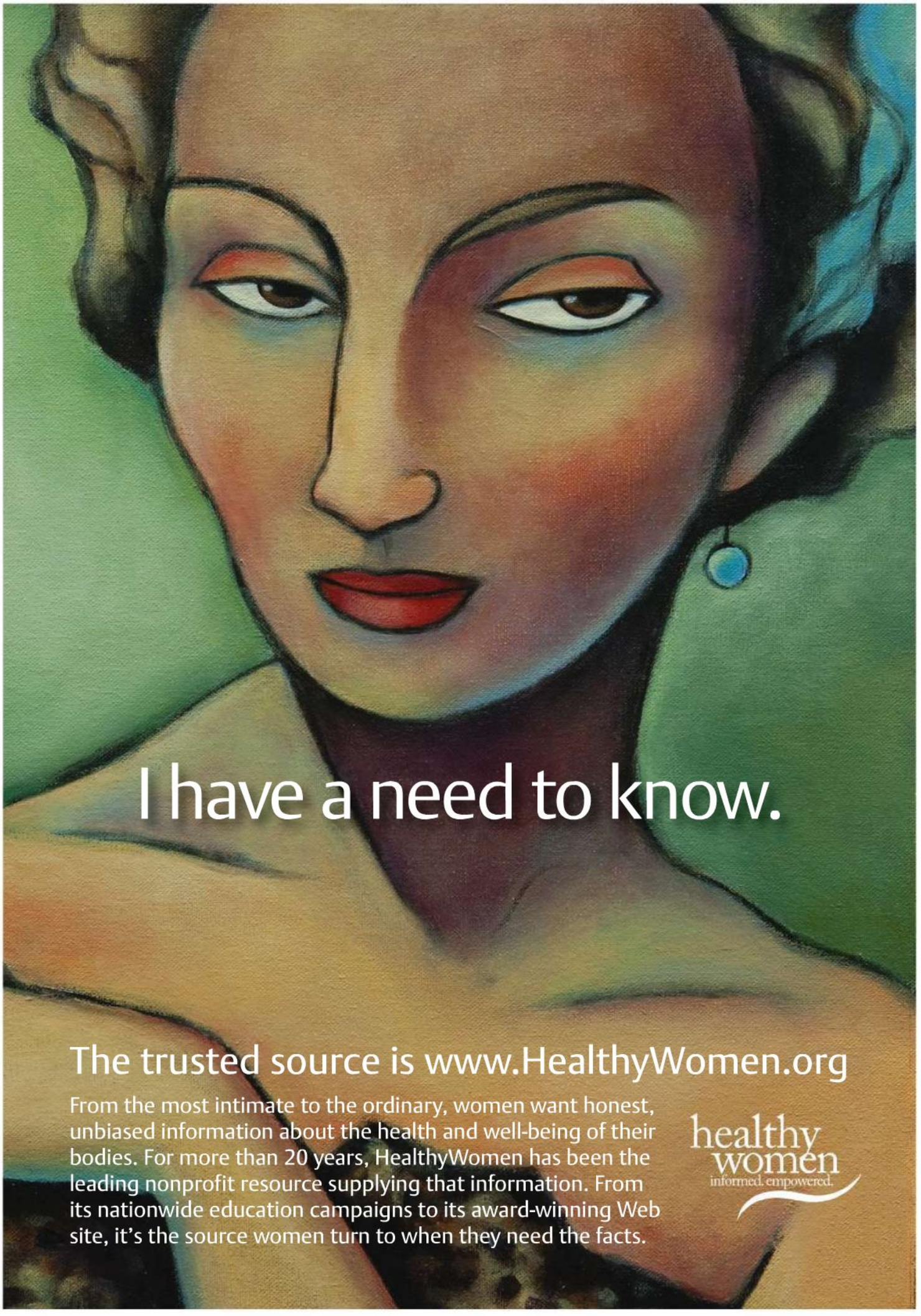
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# 6 things that definitely *won't* give you cancer

## 1 deodorant or antiperspirant

Despite the persistent rumors, experts are unanimous in emphasizing that the stuff that keeps you dry won't boost your risk. In fact, a 2002 epidemiologic study of about 1,600 women found no link between breast cancer risk and antiperspirant or deodorant use.

## 2 underwire bras

Another oft-reported myth: The wire is said to compress the lymphatic system, causing "toxins" to accumulate and lead to cancer. Pure nonsense, says Dr. Bevers. No clothing can increase your cancer risk.

## 3 caffeine

Although it can make some breasts feel lumpier, multiple studies have shown that there's no connection between caffeine consumption and cancer. In fact, a recent Harvard study found that women who drank four or more cups of coffee a day had the same risk of breast cancer as women who drank none.

## 4 your yearly mammogram

The amount of radiation you receive from a mammogram is extremely small—about as much as you would get flying from New York to California in a commercial jet, according to the American Cancer Society.

## 5 having big breasts

This is one area where size truly doesn't matter. Anyone with breasts is at risk of developing cancer! However, if your breasts are *dense*—and they can be dense at any size—you may want to talk to your doctor about additional screening methods beyond mammograms. Up to 35 percent of breast cancer goes undetected by mammography, and this is most often a problem when breasts are very dense.

## 6 breast implants

There's no connection between surgical enhancement and cancer risk, says Dr. Coomer. But keep in mind that implants may make it more difficult for a radiologist to read your mammograms. "You may have to have more images taken, and it can be uncomfortable to move the implant out of the way during the mammogram."



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# "I found a lump. Now what?"

A "don't panic" guide if you do find something that doesn't feel right

**1. STAY CALM.** It's hard not to freak out, but take some comfort in the fact that the vast majority of lumps end up being a fatty nodule or some other noncancerous mass, says Dr. Coomer.

**2. IF YOU CAN STAND TO WAIT,** go through your menstrual cycle, cut out the caffeine and see if the lump is still there in a couple of weeks.

**3. CALL YOUR HEALTH CARE PROVIDER.** She may refer you to a breast specialist or send you for a mammogram and/or ultrasound. If a lump is found, you may need to get a needle biopsy, a procedure in which a needle is inserted into your breast to take a sample of cells to figure out what's causing the lump. But this still doesn't mean it's cancer. In fact, about 80 percent of breast biopsies find benign lumps. **wd**

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Losing Weight But Can't Get Rid of

# Belly Bulge?

**Getting rid of stubborn belly fat can take more than diet and exercise alone... Popular "feel-good" pill may be solution.**

**You diet... you exercise... you're even losing weight. But take a look in the mirror... you still have that unsightly belly bulge. Twenty pounds lighter and you still look... well... fat! How in the world can that be possible?**

**Stress. That's right... stress! As it turns out,** the same diet that's helping you lose weight might actually be causing you to retain figure-destroying belly fat. That's because dieting is stressful. You worry about what to eat... when to eat... how much to eat. All that worry leads to "diet stress."

**And, as we all know** by now, even ordinary, everyday stress can cause your body to increase or retain belly fat. That's why you can go on a diet, lose weight, but still look thick around the middle.

**So what are we to do?** Millions of women are turning to weight-control "adjuncts" or "add-ons." These groundbreaking compounds are not really diet pills in the true sense of the word. Instead, they help traditional diet and exercise programs reduce tummy bulge by controlling diet-related stress and anxiety... the same stress and anxiety that can lead to stubborn belly fat retention (not to mention that all-time diet killer "Nervous Binge Eating").

**"Excess tummy flab may not be your fault: That's the startling conclusion reached by scientists who discovered the likely cause of stubborn belly fat."**

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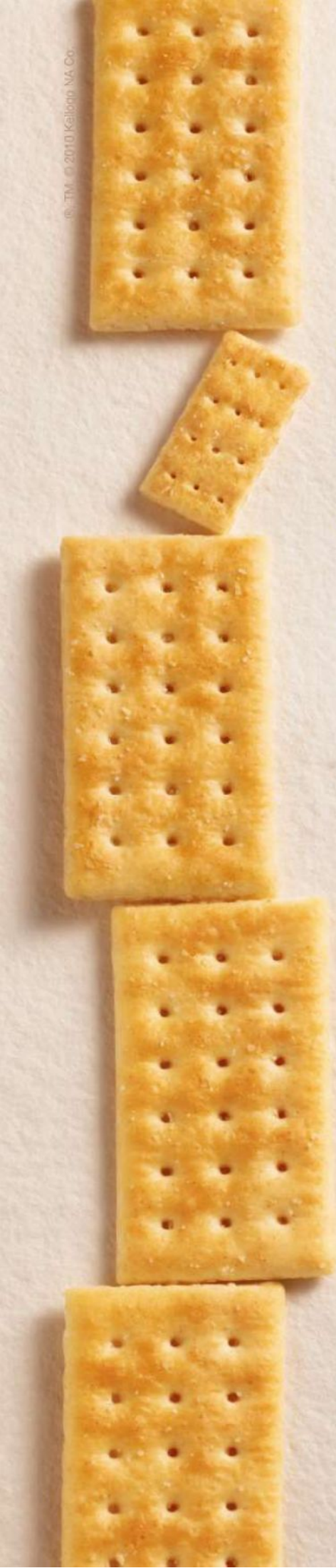

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# eat well

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JONNY VALIANT

# Mystical Warriors Wear Pink

## Exclusive Miniature Fairies

Premiering with *"Butterfly Warrior"*

*Shown actual size of 4½" high. This doll is not a toy, but a fine collectible to be enjoyed by adult collectors.*

**THE ASHTON-DRAKE GALLERIES**
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❑YES! Please reserve the *Mystical Warriors Wear Pink* miniature fairy collection as described in this announcement, beginning with "Butterfly Warrior."

Name (please print clearly) ( ) Telephone

Address Apt. No.

City State Zip

E-mail Address

913662-D93201

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...tiny pink chrysalises hang from an enchanted tree. When the air is rosy with mystery, a chrysalis opens and a glorious butterfly fairy warrior emerges. "Butterfly Warrior" is the first to arrive, diminutive in size at 4½ inches, but magnificent with the matchless individualism and power of womanhood. She is hand-painted and lavished with sparkling fairy-dust glitter and faux jewels, and comes ready for battle with "gilded armor" and "sword." Her wings are adorned with vibrant patterns, bordered in glittery opulence, and she wears a mask that proudly proclaims that *inside every woman is a beautiful warrior!*

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www.ashtondrake.com/butterfly

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Ashton-Drake's
*first* African-American
doll to feature
a beloved
children's hymn

# *Imani*

by Master Doll Artist
Linda Murray

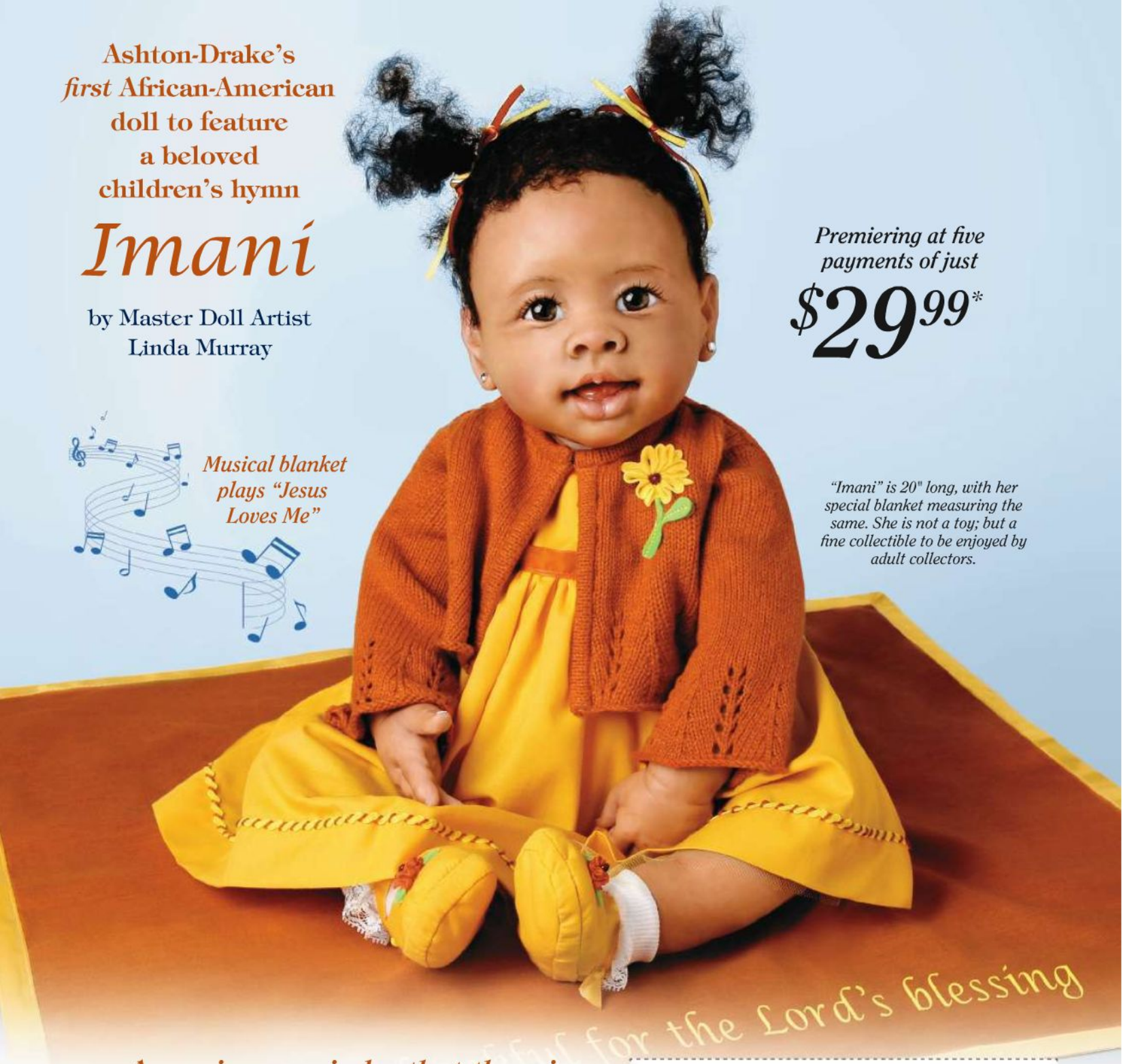
*Premiering at five payments of just*

**$29.99***



*Musical blanket plays "Jesus Loves Me"*

*"Imani" is 20" long, with her special blanket measuring the same. She is not a toy; but a fine collectible to be enjoyed by adult collectors.*




## *A precious reminder that there is so much to be thankful for*

*Jesus Loves Me* has often been called America's most beloved childhood hymn. And no wonder, with its simple message that is so deeply moving. Now this music has become the inspiration for a very special doll whose name means "Faith" in Swahili. Best of all, she brings the *Jesus Loves Me* music to you…in her little musical blanket!

"Imani" is the creation of Master Doll Artist Linda Murray, our *first* African-American doll to feature Christian music, and she's *only* available from Ashton-Drake! She's a full 20", crafted in artisan resin to look as lifelike as possible, from her happy expression to her tiny fingernails and toenails. And her "Sunday best" is uniquely fashioned to match her blanket that displays a wonderful message of thanksgiving. All in all, she's a precious reminder that there is so much to be thankful for. "Imani" can be yours for $149.99*, payable in 5 payments of just $29.99. But time-intensive hand-crafting could limit availability. *Send no money now.* Order today!

**www.ashtondrake.com/blessings**

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03-01377-001-2AR

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*Plus a total of $16.99 shipping and service charges. Please allow 6 to 8 weeks for shipment after initial payment is received. All orders are subject to acceptance.

# POM PRIMER

### choosing
The skin can vary from pink to ruby red, but it's the weight that matters most: The heavier the pomegranate, the juicier it is.

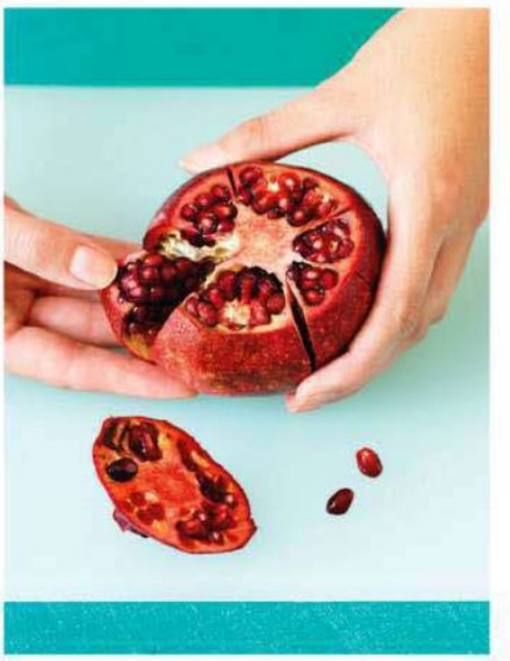
### juicing
Cut the pomegranate in half as you would a lemon and extract the juice using a hand-press juicer. (Pieces of the bitter inner membrane that surrounds the arils tend to get into the juice when you're using an electric juicer.)

### storing
Whole pomegranates will keep up to a month on the counter or 2 months in the refrigerator. Arils can be stored in an airtight container in the refrigerator for up to 2 weeks.

### freezing
Spread the arils in a single layer on a rimmed baking pan lined with wax paper. Place in the freezer about 2 hours or until arils are frozen. Transfer to an airtight container and return to the freezer for up to 3 months.

### ▼OPENING

1 Cut off the top about a half-inch below the crown to reveal sections divided by membrane. Score the husk along each section using the knife's point.



2 Using both hands, carefully pull the pomegranate apart, breaking it into smaller sections along the scored lines.

3 Over a bowl of water, loosen the arils. The arils will sink to the bottom and pieces of membrane will float to the top.

4 Scoop out the membrane, then pour the remaining liquid through a strainer to catch the arils. One fruit yields about ½ cup of arils.

FOOD STYLING BY SARA NEUMEIER; PROP STYLING BY PAMELA DUNCAN SILVER.



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# angel food cake with pomegranate topping

**ACTIVE: 10 MIN**
**TOTAL: 2½ HR**

- **1 box (16 oz) angel food cake mix**
- **1 Tbsp grated orange zest**

**Glaze**

- **1 tsp orange extract mixed with 3 Tbsp water**
- **2 cups confectioners' sugar**

**Garnish: fresh pomegranate seeds**

**1.** Heat oven to 350°F. You'll need a 10-in. tube pan with removable bottom. (There's no need to grease the pan.)

**2.** Prepare cake mix as package directs. Stir in zest; pour into pan. Bake, cool and remove cake from pan as package directs.

**3. Glaze:** Whisk extract mixture and sugar in a bowl until smooth. Spread over top of cake, letting excess drip down sides. Sprinkle top with pomegranate seeds.

**Planning Tip:** Bake up to 2 days ahead. Leave in covered pan at room temperature. Carefully remove cake from pan and glaze the day of serving.

**For more recipes using pomegranates, go to *womansday.com/pomegranate.***

# best new pom products

On shelves packed with pomegranate barbecue glazes, chocolate, chutney and more, these offerings stand out.

**Stirrings Simple Pomegranate Martini mix** You don't have to be a bartender to make a perfect martini: Just follow the 2-to-1 directions on the bottle. The mix is made from all-natural ingredients and is slightly sweetened for a pleasantly smooth cocktail. Not a martini fan? Try stirring some into sparkling wine for a Bellini. ($9, at grocery stores)

**KIND Healthy Snack Pomegranate Blueberry Pistachio bar** Loaded with vitamins A, C and E, this combination of sweet blueberries, tangy pomegranate and crunchy pistachios is the perfect trio of flavors to satisfy your cravings—at only 170 calories. ($1.99, at grocery stores)

**Chobani Pomegranate Greek Yogurt** Zero percent fat, 100 percent flavor. Not only does the rich, creamy yogurt contain pomegranate juice, it's also loaded with antioxidant-rich arils and protein. ($1.29, at grocery stores)

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# ready when you get home: pork roast with apples & sage

Prepare this perfect-for-fall dish in the morning and let it simmer in your slow cooker until dinnertime

SERVES 8

**ACTIVE: 10 MIN**

**TOTAL: 5 TO 7 HR ON LOW**

- **4 tsp chopped fresh sage**
- **1 Tbsp minced garlic**
- **1 tsp kosher salt**
- **½ tsp freshly ground black pepper**
- **1 2¾-lb boneless pork loin roast, well trimmed**
- **1 jar (12 oz) pork gravy or bistro au jus (we used Heinz)**
- **4 medium Gala apples**

**1.** Mix sage, garlic, salt and pepper in a small cup. Spread over top of pork.

**2.** Place gravy in a 4-qt or larger slow cooker. Core 2 apples and coarsely chop; add to gravy. Place pork on top.

**3.** Cover and cook on low 5 to 7 hours. Core and cut remaining 2 apples into 8 wedges apiece; add to slow cooker for the last hour of cooking.

**4.** Remove pork and apple wedges to a tray; let stand. Remove chopped apple with slotted spoon to a food processor; purée. Add 1 cup of cooking liquid to apple purée; warm. Slice pork; serve with apple wedges and apple gravy.

Per serving: 288 cal, 36 g pro, 15 g car, 2 g fiber, 9 g fat (3 g sat fat), 102 mg chol, 542 mg sod

## got leftovers?

1. **Make a panini or grilled sandwich with thin slices of pork, cooked apple wedges, sliced Gruyere or Swiss and Dijon-coated rye or pumpernickel.**
2. **Cut pork roast into thin strips. Toss with cooked pumpkin ravioli and a little melted butter.**
3. **Add chopped pork and apple to mixed greens along with dried cranberries, walnuts, and crumbled blue cheese. Toss with vinaigrette.**

## recipe twists

- **Add 1 Tbsp brandy to apple gravy. Simmer, uncovered, 1 minute; serve with sliced pork.**
- **Instead of making gravy, simmer 1 cup cooking liquid 1 minute; stir in ¼ cup heavy cream. Simmer, uncovered, until slightly thickened. Serve with pork.**

JONNY VALIANT; RECIPE BY *WOMAN'S DAY* FOOD DEPARTMENT; FOOD STYLING BY SARA NEUMEIER; PROP STYLING BY PAMELA DUNCAN SILVER.



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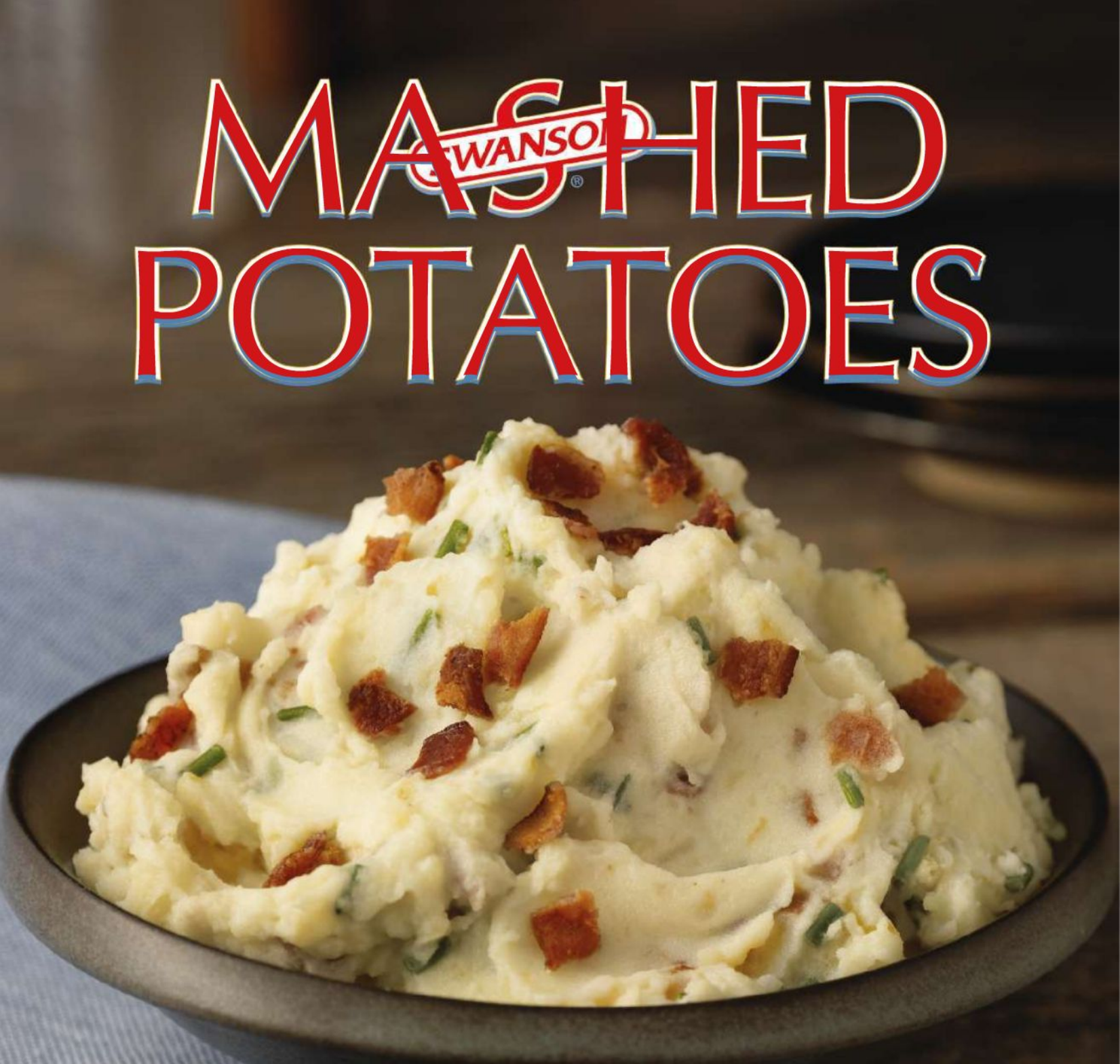
# SWANSON® MASHED POTATOES



## ULTIMATE MASHED POTATOES

Prep: 15 min. Cook: 20 min. Makes: 6 servings

- 3½ cups Swanson® Chicken Broth (Regular *or* Certified Organic)
- 5 large potatoes, cut into 1" pieces (7½ cups)
- ½ cup light cream
- ½ cup sour cream
- ¼ cup chopped fresh chives
- 2 tbsp. butter
- 3 slices bacon, cooked and crumbled (reserve some for garnish)
- Generous dash ground black pepper

1. Heat broth and potatoes in 3-qt. saucepan over medium-high heat to a boil.
2. Reduce heat to medium. Cover and cook 10 min. or until potatoes are tender. Drain, reserving broth.
3. Mash potatoes with ¼ *cup* broth, light cream, sour cream, chives, butter, bacon and black pepper. Add additional broth, if needed, until desired consistency. Garnish with remaining bacon.

**THE SECRET IS SWANSON® 100% NATURAL CHICKEN BROTH**

Find delicious recipes and cooking tips at CampbellsKitchen.com/SwansonBroth

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# Have you checked your freezer lately?

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# high flavor low labor

As the food editor of The Associated Press and the father of a 6-year-old, my job at work and at home is to make intensely good meals that are ridiculously easy. Here are some of my favorites. They don't require a lot of time, skill or effort

by J.M. Hirsch

Weeknight meals require what I call blunt-force cooking, a brash approach to cooking that cranks the flavor and rolls its eyes at bashful ingredients. It balances my desire for real and satisfying food with the demands of my real and overscheduled life. It's a simple premise: Let high-flavor ingredients do most of the work. Foods that taste great going into the pot need less work from you to taste great ▶

COURTESY OF MATTHEW MEAD

when they come out. I'm talking about the Parmesan cheeses, balsamic vinegars, jalapeños, chorizos and wasabis of the world. Spaghetti and meatballs, for example, is good, but spike the sauce with balsamic vinegar and finely chopped sun-dried tomatoes and you get mouth-puckering greatness.

Cooking this way requires no particular genius or skill, and certainly not much time—I lack all of these. It takes just a bit of thought. As a food editor, it's my job to help Americans sit down to great meals. That means creating recipes for flavorful, beautiful meals that don't infringe on the rest of our lives. It means showing that real food and real flavors can be convenient and satisfying.

My expertise is the same as yours. I'm not a chef. I'm just a dad with a 6-year-old in constant need of feeding, cleaning and ferrying; a journalist wife forever on deadline; and a demanding job with the pressure of a nation watching over my shoulder every time I stand in front of a stove. What I don't have is time to fuss over dinner. Weeknight meals must be fast, flavorful, easy and real.

# chicken mole

**The sauce in this traditional Mexican dish begs for mounds of rice to sop it up. The recipe is adapted from several by Chicago chef Rick Bayless. Several years ago at his Frontera Grill restaurant, he served me the best meal of my life.**

SERVES 6

**ACTIVE: 10 MIN** **TOTAL: 30 MIN**

- **2 Tbsp canola or vegetable oil**
- **1 medium yellow onion, diced**
- **6 garlic cloves, minced**
- **1 Tbsp cocoa powder**
- **½ tsp each ground cinnamon and red pepper flakes**
- **¼ tsp each ground cloves and ground black pepper**
- **1 cup smooth almond butter**
- **1 cup canned crushed tomatoes**
- **2 cups chicken broth**
- **¼ tsp salt**
- **1 slice soft white bread, cut into small pieces**
- **1½ lb boneless, skinless chicken breasts, cut into ½-in. chunks**

1. In a Dutch oven over medium-high heat, combine the oil, onion, garlic, cocoa powder, cinnamon, red pepper flakes, cloves and black pepper. Sauté for 5 minutes.

2. Add the almond butter and mix until it melts into the other ingredients. Add the tomatoes, broth, salt and bread, and bring to a simmer. Add the chicken and return to a simmer.

3. Cover the pot and cook for 12 to 15 minutes, or until the chicken is cooked through.

**TIP ▶** Using a mix of garlic, cinnamon, cocoa powder, red pepper flakes and almond butter makes this dish unbelievably rich and mildly spicy. ▶

Per serving: 571 cal, 39 g pro, 21 g car, 4 g fiber, 39 g fat (4 g sat fat), 87 mg chol, 783 mg sod

FOOD STYLING BY STEPHANA BOTTOM; PROP STYLING BY PAMELA DUNCAN SILVER.



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stovetop brocc mac & cheese, page 148

PHOTOGRAPHS BY JONNY VALIANT

# panko-crusted salmon croquettes

**This recipe is a great way to use up leftover mashed potatoes. If you don't have any, just microwave 1 large or 2 medium baking potatoes, then mash them (skin and all) with some butter. Resist the temptation to add salt while preparing these croquettes; the ingredients have enough.**

MAKES 8

**ACTIVE: 8 MIN**
**TOTAL: 20 MIN**

- **1 can (14.75 oz) salmon, picked over to remove any bones**
- **1 package (4 oz) smoked salmon**
- **1 cup mashed potatoes**
- **½ cup peas (thawed if frozen)**
- **Zest of 1 lemon**
- **1 Tbsp Dijon mustard**
- **1 Tbsp hot sauce**
- **¼ tsp ground black pepper**
- **3 Tbsp chopped fresh flat-leaf parsley**
- **1 cup panko (Japanese-style) bread crumbs**

**Serve with: tartar sauce**

1. Flake both salmons into a large bowl. Add the mashed potatoes, peas, lemon zest, mustard, hot sauce, pepper and parsley. Mix well, then use your hands to form into 8 patties.

2. Spread the bread crumbs on a plate. Set each patty into the crumbs, turning to coat both sides.

3. Coat a medium skillet with cooking spray and set it over medium heat. Add the patties, 2 or 3 at a time, and cook for 4 minutes per side, or until they are browned. Serve with tartar sauce.

**TIP ▶** Smoked trout, finely diced cooked shrimp or chopped crabmeat could be substituted for the salmon. ▶

Per croquette: 157 cal, 15 g pro, 11 g car, 1 g fiber, 5 g fat (2 g sat fat), 35 mg chol, 623 mg sod



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## Garlic & Herb Lemon Chicken

Prep Time: 10 minutes  Cook Time: 20 minutes

1/4 cup flour
1 tbsp. **McCormick® Perfect Pinch® Garlic & Herb Seasoning**
1 lb. thinly sliced boneless skinless chicken breast halves
2 tbsp. oil
1 cup chicken broth
1 tbsp. lemon juice
1 tbsp. chopped fresh parsley

**MIX** flour and Seasoning in shallow dish. Reserve 1 tablespoon. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.

**HEAT** oil in large nonstick skillet on medium heat. Add 1/2 of the chicken; cook 3 minutes per side or until golden brown. Repeat with remaining chicken, adding additional oil if needed. Remove chicken from skillet; keep warm.

**MIX** broth, lemon juice and reserved flour mixture. Add to skillet; bring to boil, stirring to release browned bits in skillet. Stirring frequently, cook 5 minutes or until sauce is slightly thickened. Spoon over chicken. Sprinkle with parsley.

Makes 4 servings.

**For more great-tasting recipes, visit perfectpinch.com**

**Available in 18 seasoning blends including 5 salt-free**

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# three-chip baked chicken cutlets with cranberry sauce

**The goal here was an ultra-crispy chicken cutlet without the mess of deep-frying. The solution? Start with ingredients that already are crunchy, add high heat, and we've got a winner.**

SERVES 4
**ACTIVE: 15 MIN** **TOTAL: 30 MIN**

- **2 cups plain potato chips**
- **1 cup each thin pretzel sticks and tortilla chips**
- **½ to 1 tsp red pepper flakes**
- **2 large eggs**
- **1 tsp low-sodium soy sauce**
- **2 boneless, skinless chicken breasts (14 oz)**
- **2 Tbsp canola or vegetable oil**
- **½ cup chicken broth**
- **2 Tbsp cider vinegar**
- **1 small yellow onion, diced**
- **1 tsp grated fresh ginger**
- **2 cloves garlic, minced**
- **1 cup canned whole-berry cranberry sauce**
- **Salt and ground black pepper, to taste**

1. Heat oven to 450°F.

2. In a food processor, combine the potato chips, pretzels, tortilla chips and red pepper flakes, then pulse until reduced to fine crumbs. Transfer the mixture to a wide, shallow bowl and set it aside.

3. In a second wide, shallow bowl, whisk together the eggs and soy sauce.

4. Carefully slice each chicken breast in half horizontally to create 2 thin cutlets. One at a time, place the chicken breasts in the egg mixture, turning to coat both sides, then dredge each piece through the chip mixture, turning to coat both sides. Set aside.

5. In a large oven-safe skillet over medium-high heat, heat the oil until very hot. Add the chicken breasts and cook until they are browned on the bottom, about 2 minutes. Turn the breasts, then place the skillet in the oven. Bake for 8 minutes.

6. Transfer the chicken to a serving plate. Cover it with foil to keep warm.

7. Using an oven mitt, return the skillet to the stovetop over medium-high heat. Add the broth and vinegar, then bring the mixture to a simmer, using a spoon to scrape up any bits stuck to the bottom of the pan.

8. Add the onion, ginger and garlic, and cook until the liquid is mostly evaporated, 2 to 3 minutes. Add the cranberry sauce and return to a simmer. Season with salt and pepper. Serve the chicken drizzled with the pan sauce.

**TIP▶** Canned cranberry sauce isn't just for Thanksgiving. I doctor it up to make all sorts of pan sauces, including for pork chops. It works well with spicy ingredients, and can also be jammed under the skin of chicken to add flavor during roasting or grilling. ▶

Per serving: 471 cal, 27 g pro, 51 g car, 3 g fiber, 18 g fat (3 g sat fat), 169 mg chol, 590 mg sod



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# toasted cumin & rosemary–rubbed lamb chops

**Other than overcooking, there's not much you can do to mess up lamb chops. And that makes them perfect for busy weeknights. Rub some seasoning on them, toss them in a pan with a bit of oil, and about 8 minutes later you've got dinner.**

SERVES 4

**ACTIVE: 10 MIN** **TOTAL: 20 MIN**

- **2 Tbsp cumin seeds**
- **1 tsp kosher salt**
- **¼ tsp whole black peppercorns**
- **2 sprigs fresh rosemary, leaves only, finely minced**
- **8 loin lamb chops (about 3¼ lb)**
- **2 Tbsp vegetable or canola oil, divided**

1. In a small dry skillet over medium-low heat, combine the cumin seeds, salt and peppercorns. Toast, stirring constantly, until fragrant, about 1 minute. Transfer the spice mix to a mortar and pestle or spice grinder. Pound or grind to a coarse powder.

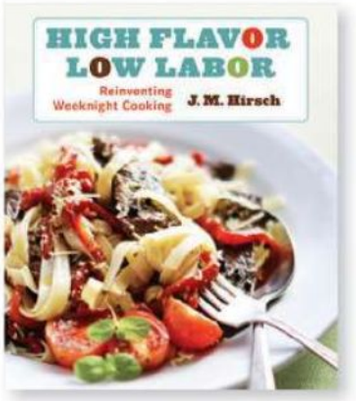
2. In a small bowl, combine the cumin mixture and minced rosemary. Mix well, then set aside.

3. Use paper towels to pat the lamb chops dry. Rub a bit of the cumin-rosemary mixture over both sides of each chop.

4. In a large skillet over medium-high heat, heat the oil. Add the lamb chops and cook until browned on the bottom, 3 to 4 minutes. Flip the meat and cook for another 3 to 4 minutes.

**TIP ▶** Use your imagination when it comes to the seasoning blend. Toss black peppercorns, red pepper flakes and kosher salt into a spice grinder for a rub with kick. Or try cinnamon, black pepper, cumin and paprika. ▶

Per serving: 358 cal, 27 g pro, 1 g car, 0.2 g fiber, 27 g fat (11 g sat fat), 106 mg chol, 326 mg sod

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## Lemon-Herb Roast Chicken with Pan Gravy

Prep: 15 min. Roast: 1 hr. 35 min. Cook: 10 min. Makes: 6 servings

- 1 lemon
- 1 can (10¾ oz.) *Campbell's®* Condensed Cream of Chicken Soup (Regular **or** 98% Fat Free)
- 1 tbsp. chopped fresh rosemary leaves **or** 1 tsp. dried rosemary leaves, crushed
- 1 tbsp. chopped fresh thyme leaves **or** 1 tsp. dried thyme leaves, crushed
- 3 cloves garlic, minced
- 1 roasting chicken (5 to 7 lbs.)
- ¼ cup dry white wine
- ¼ cup water

1. Heat oven to 375°F. Grate **1½ tsp.** zest and squeeze **1 tbsp.** juice from lemon.
2. Stir lemon zest, lemon juice, soup, rosemary, thyme and garlic in medium bowl. Reserve **1 cup** soup mixture for gravy. Place chicken into shallow roasting pan.
3. Roast chicken 20 min. Brush chicken with **¼ cup** soup mixture.
4. Roast 1 hour and 15 min. or until chicken is cooked through. Remove chicken to serving platter and keep warm.
5. Spoon off fat from pan juices. Stir wine in roasting pan and heat over medium-high heat to a boil, scraping up browned bits from bottom of pan. Stir in reserved soup mixture and water and cook until mixture is hot and bubbling. Serve gravy with chicken.

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# ground turkey moussaka

**Traditional moussaka calls for laborious salting and squeezing of the eggplant, plus an hour of cooking. This version can be made in a fraction of the time.**

SERVES 4

**ACTIVE: 15 MIN TOTAL: 30 MIN**

- **2 Tbsp olive oil**
- **1 large yellow onion, diced**
- **2 green bell peppers, cored and diced**
- **2 cloves garlic, minced**
- **1 bay leaf**
- **½ tsp smoked paprika**
- **¼ tsp ground cinnamon**
- **⅛ tsp ground allspice**
- **1 lb lean ground turkey**
- **1 can (14.5 oz) diced tomatoes**
- **2 Tbsp tomato paste**
- **1 jar (12 oz) roasted eggplant dip**
- **Salt and ground black pepper, to taste**
- **⅓ cup crumbled feta cheese**
- **2 Tbsp chopped fresh mint**

**Serve with: pita bread rounds, warmed**

1. In a large, oven-safe skillet over medium-high heat, heat the oil. Add the onion, bell peppers, garlic, bay leaf, paprika, cinnamon and allspice. Sauté until the onion is tender, about 5 minutes.

2. Add the ground turkey and cook until just browned, about 8 minutes. Stir in the diced tomatoes and tomato paste. Bring the mixture to a simmer, cover the pan, reduce heat to low and cook for 10 minutes.

3. Heat the broiler. Stir the roasted eggplant dip into the turkey mixture and simmer for another 5 minutes. Remove and discard the bay leaf. Season with salt and black pepper.

4. Remove the pan from the heat and top the moussaka with crumbled feta. Broil it for 1 to 2 minutes, just enough to lightly brown the cheese.

5. Just before serving, garnish with mint. Serve with warm pita bread.

**TIP▶** This dish is also great over rice.

Per serving: 402 cal, 26 g pro, 22 g car, 5 g fiber, 23 g fat (6 g sat fat), 76 mg chol, 841 mg sod

# stovetop brocc mac & cheese

**After trying this dish you'll never go back to that wretched boxed stuff again. Because in about 15 minutes—about the same time as the box—you can have this intensely good mac and cheese.**

SERVES 4

**ACTIVE: 5 MIN**
**TOTAL: 15 MIN**

- **12 oz whole-wheat pasta**
- **4 cups broccoli florets**
- **1 container (8 oz) crème fraîche**
- **½ tsp hot sauce**
- **2½ cups shredded sharp Cheddar**
- **½ tsp each garlic powder and ground ginger**
- **Ground black pepper, to taste**

1. Bring a large pot of salted water to a boil.

2. Add the pasta and cook for 7 minutes. After that, add the broccoli and cook for another 2 minutes, or until the pasta is tender. Drain the pasta and broccoli, then set it aside.

3. Meanwhile, in a 2-qt saucepan over medium heat, whisk the crème fraîche and hot sauce until simmering, about 2 minutes.

4. Add the Cheddar, garlic powder and ginger, then stir over low heat just until melted. Season with pepper.

5. Ladle into serving bowls, then top with cheese sauce.

**TIP▶** Do anything you like to this, and it only gets better. Add cooked sausage, top it with browned ground beef or bacon, or mix in cooked shrimp, crabmeat or lobster. To cut the fat, substitute low- or no-fat Greek-style yogurt for the crème fraîche. **wd**

Per serving: 816 cal, 30 g pro, 71 g car, 9 g fiber, 46 g fat (29 g sat fat), 143 mg chol, 616 mg sod



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# moonstruck

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# moon cake

SERVES 12

- **1 box (16 oz) poundcake mix (we used Betty Crocker)**
- **⅔ cup water**
- **½ stick (¼ cup) butter, softened**
- **2 large eggs**
- **1 can (16 oz) vanilla frosting**
- **Royal blue and black gel food color**
- **White decorating sugar**
- **1½ cups ready-to-use white rolled fondant**

**You'll also need: latex or vinyl gloves, witch and small bat cookie cutters (available at *wilton.com*), toothpicks or skewers**

**1.** Heat oven to 350°F. Coat two 9-in. round cake pans with nonstick cooking spray. Line bottoms with wax paper and coat with spray.

**2.** Combine cake mix, water, butter and eggs in a large bowl (ignore directions on box). Beat at low speed with electric mixer 20 seconds to combine. Increase speed to medium and continue beating for 2 minutes. Divide and spread evenly into prepared pans.

**3.** Bake 33 to 37 minutes until wooden pick inserted in centers comes out clean. Cool in pans on wire rack 10 minutes; invert cakes onto rack, remove paper and let cool completely.

**4.** Tint frosting with blue and black food gel until desired color (the color will deepen as it sets). Spread ½ cup of tinted frosting onto top of one cake layer. Place other cake layer on top.

**5.** Cut a 2-in.-thick strip off a rounded edge of cake (see Step 5 photo) and save; this will support the cake when it stands up. Frost the top and sides of cake, then the cut strip, with remaining frosting. Sprinkle sugar onto cake.

**6.** Using a large spatula, tilt cake to stand up on cut edge and place trimmed piece of cake cut-side down behind cake, using toothpicks or skewers to secure (see Step 6 photo).

**7.** Divide fondant in half. (When not using, cover in plastic to keep it from drying out.) Put on gloves. Tint half of fondant black with gel food color: Using your hands, work gel into fondant until evenly colored. Roll out black fondant into a 6-in. circle. Using cookie cutters, cut out a witch and several bats (see Step 7 photo). Cover cutouts with plastic wrap.

**8.** Roll white fondant out to an 8 x 5-in. rectangle. Using the cake pan as a guide, trace a circle onto a piece of paper or thin cardboard; trim to a 7-in. circle. Cut into a crescent moon shape; use as stencil to cut out white fondant (see Step 8 photo).

**9.** Starting at top left side of cake, gently press moon onto frosting as pictured on page 150. Moisten back of witch with water and gently press onto cake and moon. Gently press bats into cake.

**10. To serve:** Remove skewers from cake. Place unfrosted back of cake onto a cutting board; cut cake into slices. **wd**

RECIPE BY *WOMAN'S DAY* FOOD DEPARTMENT; FOOD STYLING BY SARA NEUMEIER; PROP STYLING BY PAMELA DUNCAN SILVER.



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# halloween cupcakes as shown on 11–13

START WITH...

## easy vanilla cupcakes

MAKES 24

**ACTIVE: 5 MIN TOTAL: 45 MIN**

- **2⅔ cups all-purpose flour**
- **2 cups sugar**
- **2 tsp baking powder**
- **½ tsp salt**
- **1 cup milk**
- **½ cup water**
- **¾ cup oil**
- **1 Tbsp vanilla extract**
- **2 large eggs**

**1.** Heat oven to 350°F. You'll need 24 regular muffin cups with cupcake liners.

**2.** Mix flour, sugar, baking powder and salt in a large bowl with a whisk until blended. Whisk milk, water, oil, vanilla and eggs in 4-cup liquid measuring cup or medium bowl.

**3.** Make a well in the flour mixture. Gradually pour milk mixture into flour mixture; whisk until blended (some small lumps may remain).

**4.** Divide batter into muffin cups. Bake 20 to 25 minutes until a wooden pick inserted in center of a cupcake comes out clean.

**5.** Cool cupcakes in pan on wire rack 15 minutes. Remove from pan; cool completely on wire rack.

**To make chocolate cupcakes:** Add 1 cup unsweetened cocoa powder to dry ingredients. Increase water to 1 cup and omit eggs. Prepare and bake as directed.

## wicked witch

- **24 (2½-in.) cupcakes, baked in paper liners**
- **1½ cans (16 oz each) chocolate frosting**
- **20 chocolate wafer cookies, finely crushed**
- **2 cups white rolled fondant (we used Wilton's Ready-to-Use White Rolled Fondant)**
- **Gel or paste food color (black, purple, green, yellow)**
- **2-in. scalloped biscuit cutter**

**1.** Frost cupcakes with chocolate frosting. Place chocolate wafer cookie crumbs in a small bowl and dip cupcakes into crumbs to coat tops.

**2.** Tint 1 cup fondant black and ½ cup fondant purple. Use green and yellow to tint remaining ½ cup fondant a lime color. (Cover with plastic wrap when not using to prevent drying.)

**3.** Roll 1 tsp lime-colored fondant into a 5-in. rope; cut in half for legs. Roll a scant tsp purple fondant into a ball, cut in half and shape each half into a shoe. Repeat, making legs and shoes for all of the cupcakes. Place 2 legs onto each frosted cupcake, brush end of legs with water and attach a shoe to each.

**4.** Roll black fondant into a thin round. With biscuit cutter, cut out 48 circles for witches' hats. (Press together scraps and reroll to get the full 48.)

**5.** Place one circle on top of each cupcake for a hat brim. Form the rest of the circles into cone shapes; secure to hat brims with a little water.

## spider bite

- **24 (2½-in.) cupcakes, baked in paper liners**
- **1½ cans (16 oz each) vanilla frosting**
- **24 chocolate-covered marshmallow cookies (such as Mallomars)**
- **48 Tootsie Roll Midgees (from a 12- or 16-oz bag)**
- **Brown tube icing**
- **Regular M&M's and mini M&M's**

**1.** Frost cupcakes with vanilla frosting, reserving 1 Tbsp. Place cookies on top.

**2.** Cut Tootsie Roll Midgees into 4 pieces each. Using the palm of your hand, roll each piece into a 3-in. rope. Press into rope with tines of a fork to make texture lines. Press 8 ropes onto each frosted cupcake for legs.

**3.** Pipe small dots of tube icing onto cookies for eyes and nose; press on M&M's for eyes and mini M&M for nose. With a toothpick, dot eyes with reserved white frosting.

## great pumpkin

- **24 (2½-in.) cupcakes, baked in paper liners**
- **3½ cans (16 oz each) vanilla frosting**
- **Gel or paste food color (orange, green)**
- **Pastry bag or quart-size ziptop bag fitted with a coupler and star tip**
- **24 glazed doughnut holes**
- **4 green apple Airhead candies or 8 lime Tootsie Rolls**
- **Fall leaf sprinkles**

**1.** Tint 3 cups frosting green; tint 1½ cups frosting orange. Place green frosting in pastry bag fitted with star tip.

**2.** Place wire rack over a sheet of foil. Put orange frosting in a medium glass bowl; microwave 5 to 10 seconds at a time until just pourable. Dip doughnut holes, one at a time, in melted frosting. Using a fork, lift doughnut, tap fork against bowl to remove excess frosting and place on wire rack to dry.

**3.** Shape strips of green Airheads or Tootsie Rolls into vines and leaves; attach to tops of pumpkins and let set. Pipe green frosting onto cupcakes for grass. Top cupcakes with pumpkins and fall leaf sprinkles.

## fangtastic dracula

- **24 (2½-in.) cupcakes, baked in paper liners**
- **2 cans (16 oz each) chocolate frosting**
- **3 quart-size ziptop freezer bags**
- **1 can (16 oz) vanilla frosting**
- **24 mini cupcakes or plain muffins**
- **4 red licorice strings, cut into 1½-in. pieces**
- **Chocolate sprinkles**
- **12 Tootsie Roll Midgees**

CUPCAKES: LEVI BROWN. OPPOSITE PAGE, TOP RIGHT: ANTONIS ACHILLEOS; CENTER, FROM TOP: TODD HUFFMAN (3).



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**1.** Spoon ¾ cup chocolate frosting into a ziptop bag; snip off a tiny corner. Frost larger cupcakes with the remaining chocolate frosting.

**2.** Spoon 2 Tbsp vanilla frosting into a ziptop bag; snip off a tiny corner. Smoothly spread 1 Tbsp of the remaining vanilla frosting onto each mini cupcake.

**3.** Pipe double arches on mini cupcakes with chocolate frosting for hairline; pipe to edge of cupcake, then fill in for hair. Place red licorice on faces for mouths and 2 sprinkles lengthwise on each for eyes. Pipe vanilla frosting onto licorice for fangs. Place mini cupcakes on their sides on top of larger cupcakes.

**4.** On a cutting board, roll out each Tootsie Roll Midgee into a 2-in. circle. Cut out a 1½-in. square from each; cut square diagonally to make 2 triangles. Place 1 triangle onto each side of faces (the frosting will keep it in place), slightly folding long tip ends for collar.

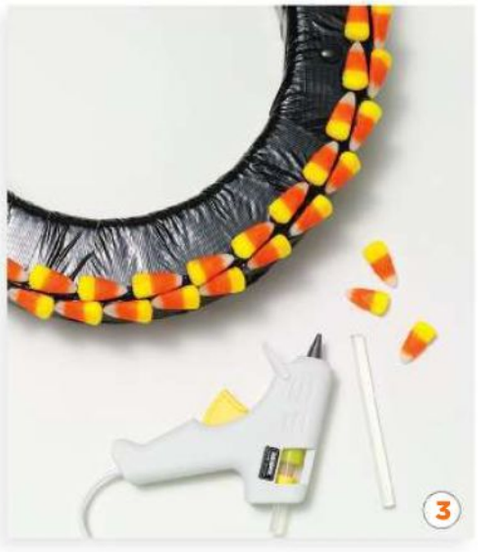
## friendly ghost

**24 (2½-in.) cupcakes, baked in paper liners**
**2 cans (16 oz each) vanilla frosting**
**2½ cups M&M's Premiums Mint Chocolate or green jelly beans**
**24 doughnut holes**
**1½ cups ready-to-use white fondant**
**Black chip crunch sprinkles (separated from Wilton's container of rainbow chip crunch sprinkles)**

**1.** Frost cupcakes with vanilla frosting; gently press M&M's or jelly beans into frosting. Dab a bit of frosting on the bottom of each doughnut hole and place one on top of each cupcake.

**2.** For each ghost, roll 1 Tbsp white fondant into a 3½-in. circle. Drape fondant over doughnut hole and gently place 2 sprinkles for eyes into fondant. **wd**

# ON OUR COVER




## CANDY CORN WREATH

**1.** You'll need a Styrofoam wreath (ours is 16 in.), black duct tape, a hot-glue gun, a wide ribbon and candy corn (we used Brach's).

**2.** Cover the wreath in tape.

**3.** To get a sense of how the corns will fit, lay them around the wreath in single rows, with one row pointing left and the next pointing right, but don't glue down. (It won't take long and your final product will be more polished.) Remove the corn from the wreath and hot-glue the pieces in the pattern one at a time, starting from the outer edge of the wreath inward, until you've covered the entire top and side.

**4.** Repeat the process in the center, starting at the same point as you did for the top so that you can cover any corn-free space with the ribbon when you're finished.

**5.** Wrap ribbon through the wreath at the candy corn seam, tie into a bow and hang on a sturdy nail.

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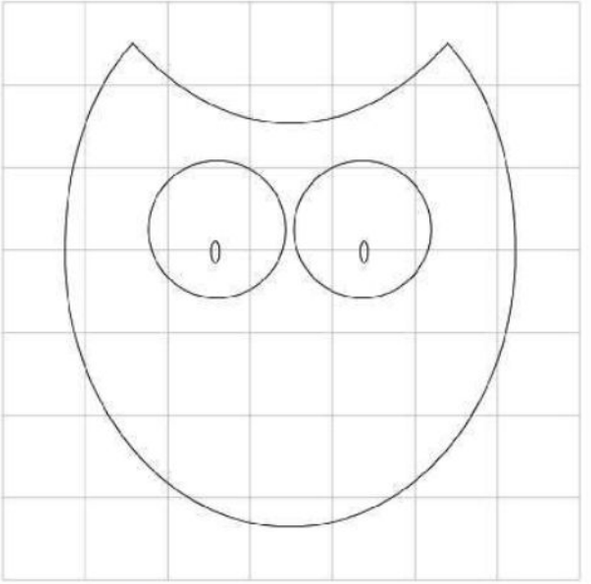
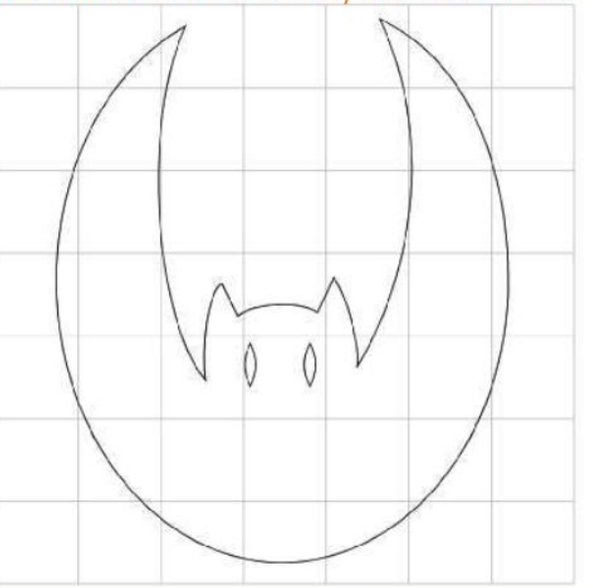
# SHOPPER'S GUIDE

**JEAN THERAPY 61–69: 62:** (Donna): Lee Slender Secret bootcut **jeans,** sizes 4–30, 4P–16P, $42, *lee.com*; Line & Dot cream **blouse,** $70, *thelineanddot.com*; **shoes** courtesy of Radley London, *radleylondon.com*. (Ellen): Paige The Skyline 14" **jeans,** sizes 24–32, $189, *paigeusa.com*; Old Navy Tiered Ruffle **Tank,** $16.50, *oldnavy.com*; Citrine Charm **Necklace,** $47, *wearmint.com*; **shoes** courtesy of Frye, *thefryecompany.com*. (Stephanie): Victoria's Secret Hipster Boot Cut **jeans**, sizes 0–16, $59.50, *victoriassecret.com*; Front Neck Drape **Top,** $49.90, *thelimited.com*; Amethyst Charm **Earrings,** $31, *wearmint.com*; Payless Heather wool flower sling **shoes,** $26.99, *payless.com*. **63:** (Jessie): Jeanology Stretch Denim Curvy-Fit Flare-Leg **Jeans,** sizes 2–18, $39, *newport-news.com*; Line & Dot navy **blouse,** $85, *thelineanddot.com*; Amethyst Charm **Necklace,** $37, *wearmint.com*; ring and shoes, her own. (Melissa): Old Navy Maternity Low-Rise Bootcut **Jean,** sizes 1–18, $36.50, *oldnavy.com;* Tucker for Target Signature **Blouse,** $29.99, *target.com*; Resin beaded **necklace,** $55, and resin **bangle,** $65, R.J. Graziano, 212-685-1248; **shoes** courtesy of Frye, *thefryecompany.com*. (Terri): Miraclebody Katie straight-leg **jeans,** sizes 2–18, $110, *miraclebody.com*; Pinstripe Embellished **T,** $36, *kohls.com*; jewelry and shoes, her own; (Crystal): Bold Curve Skinny **Jeans** by Levi's, sizes 25–33, $59.50, *us.levi.com*; Urban Behavior Scoop Neck **Top,** $58, *urbanbehavior.com*; Meredith Kahn for mark Feather Knuckle Duster **Ring,** $14, *meetmark.com*; shoes, her own. **MAKE ROOM FOR QUILTS 72–76: 72: Quilt** designed by Scott Hansen of Blue Nickel Studios. Made with **fabrics** from Anna Maria Horner's Good Folks collection, $4.75 per yard, FreeSpirit Fabric; *freespiritfabric.com* for stores and to download **pattern.** Wisteria Diamond Patterned Flat Weave **Rug** (W4041), $599 for 6x9-foot, Wisteria. 800-320-9757; *wisteria.com*. **Antique lamp with shade,** for similar, Shandell's. 518-789-6603; *shandells.com*. **73: Antique quilt** (as canopy), for similar, Ole Carousel Antiques Center. 845-868-1586; *olecarouselantiquescenter.com*. Sexy Hexy Love **Quilt** (on bed) by Amy Butler. Made with Love Collection **fabric,** about $9.50 per yard; *amybutlerdesign.com* for stores and to download **pattern. Pillow fabric,** Sunspots in Turquoise (ab46) from Love Collection, about $9.50 per yard; *amybutlerdesign.com*. **Antique lamp with shade,** for similar, Shandell's. 518-789-6603; *shandells.com*. Tiered Wooden Side **Table** (W4284), $399, Wisteria. 800-320-9757; *wisteria.com*. **74:** Antique Postage Stamp **Quilt** (on table), $199 for twin, L.L. Bean. 800-809-7057; *llbean.com*. Matchstick **Shade** and Linen **Window Panels,** Target. 800-591-3869; *target.com*. Greek Key **trim** (on shade), M&J Trimming. 800-965-8746; *mjtrim.com*. **Sofa fabric,** Slubby Linen in Linen, $47 per yard; and **pillow fabric,** Primative Stripe in Taupe/Natural, $37 per yard; Calico Corners. 800-213-6366; *calicocorners.com*. Lucca Patchwork **Quilt** (shower curtain), $149 for twin, Pottery Barn. 888-779-5176; *potterybarn.com*. Company Cotton **Bath Towel** in Baltic, $14, The Company Store. 800-323-8000; *thecompanystore.com*. Breezy Bahama **carpet,** $2.49 per square foot, Shaw Floors. 800-441-7429; *shawfloors.com* for stores. Blue **paint** (on tub), Blue Daisy (2062-40), Benjamin Moore. 800-344-0400; *benjaminmoore.com*. Fruitwood Mirada Flatstick Roman **Shade** (painted white), Home Depot. 800-553-3199; *homedepot.com*. **75: Antique sideboard,** for similar, Braswell Galleries. 203-846-0610; *braswellgalleries.com*. **Antique quilt,** for similar, Wendy Bennett. 770-513-0035; *wendy2490@yahoo.com*. **76: Antique quilt,** for similar, Braswell Galleries. 203-846-0610; *braswellgalleries.com*. Chair **paint,** Terra Cotta Rose (6204), Glidden; *glidden.com*. Toy Poodle **carpet tiles** in Bury It Bone, $13.99 per tile, FLOR. 866-281-3567; *flor.com*.

## TEMPLATES FOR HOWL-OWEEN CARDS, PAGE 16







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# CROSSWORD SOLUTION

Answer to the puzzle in our October 1 issue:

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## EVERYDAY THINGS YOU NEED TO KNOW...

# groom your brows

**Fact:** The best time to groom your brows is after a warm shower. The steam helps soften your hair follicles, making hairs easier to remove.

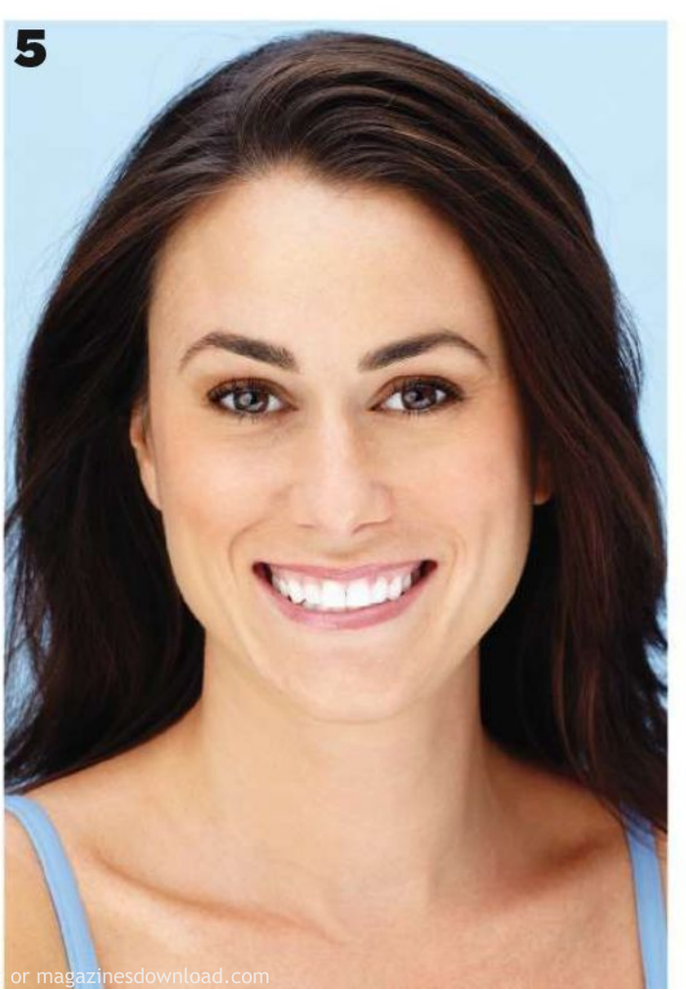
**STEP 1 Gather your tools:** a brow pencil to fill in sparse areas, an eyebrow brush, slanted-tip metal tweezers and grooming scissors.

**STEP 2 Map out brows.** To find your natural brow shape and thickness, let brows grow out for a month. Then, hold the brush against the side of your nose so its tip rests on your forehead. Your brows should begin where the edge of the bristles lands. Next, align the brush with the outside edge of your iris. Where the brush meets your brow is your arch. Finally, hold the brush diagonally from your nostril to the outer corner of your eye and up to your brow. The point where the brush intersects with the brow is where the brow should end.

**STEP 3 Trim hairs.** Using the brow brush, sweep brows up toward your forehead. With grooming scissors, snip strands of hair longer than your natural browline. Brush hairs back to their natural position.

**STEP 4 Tweeze.** Standing about a foot from the mirror, pluck one row of hair on the bottom of brows, going from nose to arch to temple. Always pluck in the direction of hair growth to prevent ingrown hairs. Then pluck stray hairs along lids. Don't pluck hair above brows—that can alter your natural shape. Using a brow pencil, fill in color within the brows in direction of hair growth.

*Source: Ramy, eyebrow expert and owner of the Ramy Spa in New York City*

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